

WHEN YOU NEED MORE SUPPORT



for
Women

Leaving a relationship, starting a new life, re-establishing a home for your children, these activities are both hopeful and stressful, optimistic and exhausting.

Especially when there are many changes in your life, you may need the help and support of friends, family, and sometimes professionals who can help you as a survivor of woman abuse, as a woman, and as a parent.

Think about reaching out for more support if...

- you are being stalked or otherwise fear for your safety
- you resent your children because they need your attention
- you worry you might abuse your children or you have abused your children
- you see yourself repeating patterns from your parents that you don't want to repeat
- you do not have a safe and stable residence for you and your children
- you are feeling overwhelmed and unable to cope with life
- your children have been apprehended by the Children's Aid Society
- you might return to an abusive ex-partner just because everything is too hard
- you worry that your anger may be hurting people you love
- you worry that your drinking or drug use may be affecting people you love
- or if for any other reason you feel in need of some extra support

You are not alone. Some things you have to do for yourself, but not by yourself.



Your advocate or worker can help you find additional support.

*If you do not have an advocate or worker,
call the Assaulted Women's Helpline at 1-866-863-0511
(or in the G.T.A. (416) 863-0511 or TTY at 1-866-863-7868)
to learn about services in your community.*