

YOU KNOW WHAT YOU NEED: ASK FOR IT!



for
Women

In this chart, list what you need to be safe and to take care of your children. Write down names and addresses on the right as you learn about places to get that help.

I NEED ...	I need this (✓)	Where can I find this?
an abused women's shelter		
counselling for the abuse		
help making a safety plan		
counselling for other issues		
a lawyer or legal advice		
help to pay for a lawyer		
counselling for my partner/husband		
help with immigration matters		
help to learn English		
help finding a family doctor		
help finding a place to live		
help getting welfare/ Ontario Works		
help going back to school		
help to find a job or to up-grade job skills		
other:		
other:		

YOU KNOW WHAT YOUR CHILDREN NEED: ASK FOR IT!



for
Women

In this chart, list the things you need for your children. You can get some of these things here. For other things, you have to go to other places. Your worker or group leader can help you.

I NEED FOR MY CHILDREN...	I need this (✓)	Where can I find this?
someone to look after my children while I work		
help to pay for child care		
help with changing to a new school		
to learn how to be the best mother I can be		
a lawyer so I can get legal custody of my children		
help with my child who is having some problems		
someone to look after my children to give me a break		
help for before and after visits with their father		
counselling for my children		
help because my child is abusing me		
other:		
other:		