

Medicine Bundle for Healing Ourselves and Our Communities

THE PURPOSE

The purpose of Our Healing Path Medicine bundle is to provide culturally appropriate resources for Aboriginal communities to assist in their on-going efforts to address family violence and its impact on individuals, families and communities. The Medicine bundle is intended to offer a comprehensive and holistic approach to violence prevention. It includes resources that promote an understanding of the root causes of family violence in Aboriginal communities. It uses a medicine wheel approach to facilitate discussion on behaviours, feelings and attitudes about family violence that need to be addressed across all age groups and stages of life. It offers resources to help individuals in crisis, or the service providers to whom they turn, to find ways to take the first steps on their journey to well-being. Finally, the Medicine bundle is intended to facilitate family and community healing through community dialogue, the creation of positive messages about respectful behaviour and attitudes, and the development of supportive initiatives to address the multiple root causes of family violence and meet the needs of all the people affected by it. Parts of this package have been adopted from the New Brunswick Public Legal Education and Information Services and Gignoo Transition House Inc.

HOW TO USE THE MEDICINE BUNDLE

Some of the ways to use parts, or all, of information in this Medicine bundle include:

1. Crisis intervention

The information in the bundle can be shared with individuals or families coping with abuse and its related affects. The Medicine bundle offers information on recognizing abuse, safety planning for women and their children, and resources for getting help in a crisis. It encourages friends, neighbours and service providers who know people experiencing abuse to adopt an “I believe you” attitude that NEVER blames the victim, yet reaches out to everyone to join Our Healing Path, including the abuser. Knowing what to do in a crisis and what to expect if you seek help can make the journey less frightening.

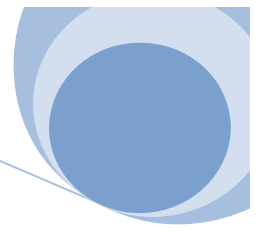
2. Public Education and Awareness

When somebody is being abused, it harms the victim, their family, and the entire community. In other words, everyone feels the negative consequences of abuse. Everyone should have the opportunity to become part of the solution. The Medicine bundle provides a range of educational resources for Aboriginal communities and service providers to use to create public education and awareness of family violence issues.

There is information on recognizing abuse, understanding the link to multiple inter-related problems, legal options, and suggestions for mobilizing and promoting community healing.

Some of the information is designed specifically for particular age groups, such as youth.

Creating awareness of family violence issues and resources can happen at many levels – social service agencies, band councils, workplaces, schools and other places where people live, work and play.



3. Prevention

The Medicine bundle encourages communities to find ways, traditional and non-traditional, to support healing and new beginnings. Although the first step of a personal healing journey comes from within, everyone can play a role in helping to make the journey as smooth as possible. Prevention involves addressing not only physical safety; it also means dealing with people's emotional, mental and spiritual well-being. Prevention includes helping people take the time to reflect on how they act, think and feel about family violence as individuals and as a community. It means establishing a community climate of respect, caring, and healing, along with supporting or advocating for preventive services and resources including alcohol/drug rehabilitation services, social and mental health services, counselling, housing, and income generating opportunities.

The Medicine bundle includes a variety of resources that can be shared and even discussed throughout the community.

Specifically, the objectives of the Medicine bundle are:

- a To promote awareness of the unique issues and barriers that confront Aboriginal communities generally, and Aboriginal women in particular, in their effort to deal with violence and abuse;
- b To provide culturally appropriate resources in a variety of formats that will assist service providers working with Aboriginal people to better recognize and deal with abuse and violence in their interpersonal relationships and in their lives;
- c To demonstrate how the various forms of abuse and violence are interconnected and their relationship to other issues such as gender equality, racism, residential schooling, and so on;
- d To profile the resources and services that are available to help Aboriginal women and their families deal with violence;
- e To highlight the range of legal remedies for family law and criminal law matters that can help Aboriginal people, including those on-reserve, to address the violence they are experiencing; and,
- f To explore the traditional and mainstream social and health services that can support victims and families on their road to creating healthy personal relationships.

INDIVIDUAL HEALING

Love should make you feel happy, confident, secure and safe. Love should never hurt. Love should not make you feel sad, angry, sick, afraid, guilty, or worthless. If this is how your relationship makes you feel, then you need to take a closer look at what you are experiencing. The first step to healing the harm caused by relationship violence starts with YOU.

You do not have to take these steps alone. You should know that . . .

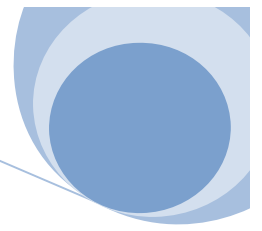
It's not your fault

Often, victims of violence feel that they have done something to cause the abuse. However, it is never your fault if someone abuses you.

There are people who care

Find your allies - you have family members, relatives, friends and service providers who can help you if you are experiencing abuse. Even if you feel alone, know that you are not - and that people are ready to help you.

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All abusive behaviour is not appropriate ...sometimes it is against the law

Get the protection you need for you and your children. If necessary, call on the appropriate authorities and people for help.

It's okay to reach out for help

Dealing with abuse is confusing and sometimes we feel ashamed when we are dealing with this type of situation. It is difficult and reaching out for help is the first step to changing your situation. It is not a sign of weakness to ask for help.

You can restore the harmony of mind, body, spirit and emotion when you take Our Healing Path

Find the things and the people that will help you on your journey, e.g. learning about healthy relationships; people you can talk to; your church or traditional spirituality; a walk in the woods; doing the hobbies and things you love to do. Take time to nurture yourself.

FAMILY HEALING

Whether you are experiencing abuse in an intimate relationship, or acting in a controlling and hurtful manner to your partner and/or children, it is important that you and your family get help and support. It is complicated to be in an abusive relationship with someone you love. But it is possible to end the cycle of violence so that both of you can live without violence in your lives, and your children will not experience the same thing.

Services, counselling and programs are available to help you and your partner learn to build a healthy relationship, or to help you cope with ending the relationship if the abuse does not stop. Remember, children who have witnessed violence often become involved in unhealthy and abusive relationships later in life, or violence may show up in other ways such as youth violence, dating violence or crime. Programs are available to help individuals who are angry, violent and controlling. Many of these individuals themselves experienced abuse or witnessed family violence as children. It is important that everyone in the family get help to end the cycle of violence. Otherwise, it may continue for another generation.

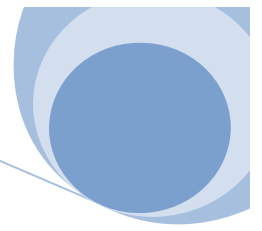
If members of your family are experiencing abuse, or acting violently, it can affect the whole extended family and community, especially because of the strong extended family networks and community relationships in most Aboriginal communities. Abuse or violence affects the harmony and dynamics of all of these relationships. Fortunately, as extended family members, there are things you can do to help address relationship violence and begin the path to healing for your family:

Help your family members to get protection or help finding out about available services and help; assisting them with developing a safety plan; providing a safe place for children with people they know; or, accompanying them during legal procedures are all ways to support family members.

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all ways to support family members.

Offer a listening ear

Whether the person affected is male or female, experiencing abuse or acting abusively, living with violence can be a very isolating experience. Sometimes, just being a good listener can help people a great deal. It can help to prevent a violent incident, or develop a strategy for dealing with abusive situations. Children who have witnessed abuse and violence may have a need to tell you about it too – listening to them can help them deal with their feelings. It is important to know that anyone who suspects that a child’s welfare or security are threatened is obligated to tell child protection authorities.

Care for yourself and your family

Dealing with relationship violence can be emotionally and physically exhausting. Find the support and strategies that you and your family need so that you care for yourself, and can continue to be a help to your family member.

COMMUNITY HEALING

Here are some suggestions for taking community action. Some were inspired by [A Resource Guide on Family Violence Issues for Aboriginal Communities](#) (National Clearinghouse on Family Violence). There are many other ways of dealing with these issues, so add your own ideas to this list.

Use Our Healing Path Medicine bundle to help you get started

Your community might be a First Nation community, a workplace, a school, or even a “community of interest” such as a women’s organization, an elder’s group, or a youth program. Review the bundle for ideas for addressing “family violence” in your community. Consider inviting staff from Battered Women’s Support Services to help.

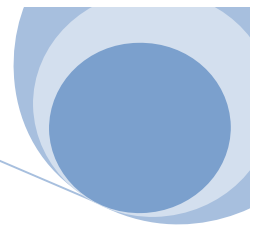
Create a family violence prevention group or committee

Some communities already have a family violence prevention group who may wish to take advantage of this bundle to complement a pre-existing program. Or, you might have existing groups or networks in your area that are already dealing with related issues. A group like this might be willing to take a lead role in the organization of a family violence prevention community action plan using this bundle as a starting point. Make sure that your approach is inclusive. A first step might be to invite key individuals to come together to brainstorm how to start a violence prevention initiative in your community.

Make a list that includes the names of the following community people:

- Respected community volunteer
- Respected service provider
- Respected professional
- Respected political leader
- Respected elder
- Respected youth
- Respected person with a disability

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- Respected mom
- Respected dad
- Others

Call the people on your list and invite them to meet with you to talk about community issues and family violence prevention ideas. If you are organizing a group on-reserve, it is important to have the cooperation of the Chief and Band Council whenever possible.

- Set a date for a meeting.
- Be sure to review Our Healing Path Medicine bundle and feel familiar with the various components so that you can go over it with the others.
- Consider inviting someone from Battered Women's Support Services, or a family violence prevention mentor from your area, to attend the meeting to promote the bundle and suggest ways of using the bundle to take action.
- Ask those who attend the meeting if they are willing to stay involved.
- Ask if they can think of others who should be asked to become involved from within and outside the community.
- Use the blank 'Potential Resource People in My Community' form, located on the back of this fact sheet, to generate ideas. It is helpful if you start the list.

UNDERSTANDING THE ROOTS OF INTERPERSONAL VIOLENCE

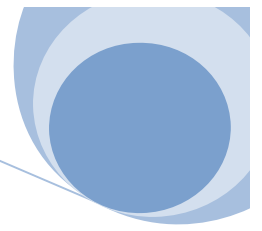
To address family violence, we must understand its root causes, recognize the interconnections among the various forms of violence, and look for holistic remedies. Clearly, Aboriginal people, as well as non-Aboriginal people who provide services and resources, cannot respond to today's challenges without understanding the past and re-visioning the future.

Definition

Interpersonal abuse refers to the physical abuse of woman by her male partner/spouse and the creation of an environment within the relationship which fosters fear and intimidation. The overriding theme of all of these behaviours is the attempted assertion, in a variety of ways, of power and control by the man over the woman, and possibly the children. (wood, kiozhk,1994:7)

The pattern of family violence experienced by Aboriginal people shares many features with violence experienced in mainstream society, [however] it also has a distinctive face that is important to recognize as we search for understanding of causes and identify solutions. First Aboriginal family violence is distinct in that it has invaded whole communities and cannot be considered a problem of a particular couple or an individual household. Second, the failure in family functioning can be traced in many cases to interventions of the state of deliberately introduced to disrupt or displace the Aboriginal family. Third, violence within Aboriginal communities is fostered and sustained by a racist social environment that promulgates demeaning stereotypes of Aboriginal women and men and seeks to diminish their value as human beings and their right to be treated with dignity. (RCAP, 1996:54-56)

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Historical Factors

What are some of the historical factors that have contributed to the roots of violence?

There are many historical factors that have hurt Aboriginal communities, including:

- Colonization
- Racism
- Isolation
- Residential schools

These have all resulted in profound harm to Aboriginal communities including loss of language and culture, alienation, poverty, unemployment, and an erosion of traditional knowledge, values and skills, including parenting skills. For example, Aboriginal children who were forced to attend residential schools were systematically denied the value and benefit of their families, culture, and language.

Aboriginal communities have been dealing with the impact of these historical factors for many decades. The relentless impact of such systemic barriers has given rise to other problems and negative conditions in Aboriginal communities, which in turn have resulted in high rates of

- Substance abuse
- Suicide
- Teen pregnancy
- School drop out and low literacy
- Incarceration
- Low self-esteem
- Health problems and despair

These conditions have also contributed to

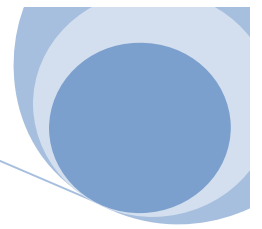
- High rates of violence in interpersonal relationships
- High rates of child abuse and neglect
- High rates of family violence, particularly woman abuse.

As a result, some of the current challenges that Aboriginal communities face include:

- Fostering personal, family and community healing
- Eliminating poverty
- Promoting economic development
- Ensuring adequate housing and transportation
- Enhancing education
- Improving employment opportunities
- Preserving culture and language
- Fostering traditions and spirituality.

First Nation and Inuit women in particular experience higher rates of family violence than non-Aboriginal women. In 2004, research showed that Aboriginal women were three and half times more likely to suffer some form of spousal violence than non-Aboriginal women .(Statistics Canada, Juristat,Catalogue No. 85-002-XIE, Vol. 26, no. 3)

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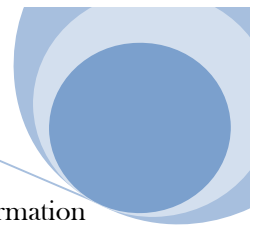
Of the Aboriginal women who have experienced family violence, 87% were victims of physical abuse and 57% were sexually assaulted. (Health Canada)

21% of Aboriginal people reported that a current or ex-spouse had assaulted them in the past five years, compared to 6% of the non-Aboriginal population (Statistics Canada, Juristat, Catalogue No. 85-002-XIE, Vol. 26, no. 3)

Almost 1/2 of Aboriginal victims of spousal violence experienced potentially life-threatening violence at the hands of a current or ex-partner compared with 31% of non-Aboriginal victims of spousal violence. (National Aboriginal Circle Against Family Violence)

TOWARD UNDERSTANDING AND HEALING...

1. Aboriginal family violence and abuse is not simply an undesirable behavior, but rather a constellation of social problems that operate as a syndrome.
2. Aboriginal family violence and abuse manifests itself simultaneously at the level of individual, nuclear and extended families, communities and Aboriginal Nations. It is a family and community system disorder.
3. At the individual and family level, domestic violence and abuse consists of the establishment of an environment of domination and control over one or more persons within the family through prolonged and/or sporadic violence and abuse. This abuse can take a myriad of forms and shapes, ranging from physical and sexual violence and the infliction of prolonged terror, to sarcastic glances that chip away at a person's sense of identity and self worth.
4. Any incident or case of domestic violence and abuse is most often connected to a larger pattern of abuse that has been present in the families of the victims and the perpetrator for at least several generations. Aboriginal family violence and abuse is characteristically an intergenerational problem.
5. Domestic violence and abuse are almost always linked to trauma in several ways. Certainly, abuse causes trauma in victims, as well as in children witnessing violence. But, domestic abuse is also and most often the result of intergenerational trauma. So, trauma is both one of the primary causes and principle outcomes of domestic violence and abuse. Clearly then, an adequate response to abuse must take into account the healing requirements of both individuals and human collectives related to trauma.
6. The Aboriginal family violence and abuse syndrome is not merely a problem affecting certain Aboriginal families within otherwise healthy or "normal" communities. Unhealthy community conditions and dynamics are integral to the syndrome. The problem of family violence is simply too large and widespread to treat it as a social anomaly. It is the norm. In other words, domestic violence and abuse have become a part of the way of life of many communities. In the past, there were traditional cultural values that were the foundation to all indigenous societies across North America. These values, which encompassed all members within the community, included acceptance, protection, support and nurturing within that circle. This warm and protective embrace was the birthright of every Aboriginal person. In exchange for the rights and privileges accorded by community membership, each person owed a debt of respect for the community's values and traditions, service to its ongoing requirements for well-being and prosperity, and vigilance in protecting the integrity and strength of the circle. Clearly the current patterns of violence and abuse show that the circle has been broken, the trust of the whole has been breached and violated, and individuals and families have been abandoned to their fate. More than this, there now exist a wide range of community behaviours and characteristics that actually nurture, protect, encourage and permit violence and abuse to continue as a community trait. For these reasons, it will also be



argued the Aboriginal family violence and abuse is a community problem, and that transformation work is needed at the community level in order to reverse the current patterns and cycles of abuse that are now so prevalent.

7. There is a direct relationship between the historical experiences of Aboriginal people and current patterns of violence and abuse in Aboriginal communities. While it is generally acknowledged that family violence and abuse did occur prior to European contact, both the historical and anthropological records indicate that it was not a normal feature of everyday life. Indeed, in many Aboriginal societies, an abusive man would soon be confronted by his male relatives (or the relatives of the victim) and, if he abuse continued, the abuser could face dire consequences, including banishment, castration and death. On the contrary, the women and children were almost universally honoured, rank, far reaching social and political powers, and weighty leadership responsibilities (Brizinsky, 1993; Chester, Robin, Lopez and Goldman, 1994; McGillivray and Comaskey 1996, Morrisson and Wilson, 1995; Bopp, 1983; Deloria, E.C., Brant 1990)

(The Aboriginal Healing Foundation, 2003, Phil Lane, Jr., Judy Bopp, Ph.D. Michael Bopp, Ph. D.)

RECOGNIZING THE HARM OF INTERPERSONAL VIOLENCE

Violence and abuse in interpersonal relationships cause harm to the individual, the family and the community.

What exactly is family violence?

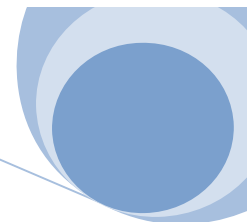
There are many definitions of family violence. Generally, they refer to people who experience controlling and violent acts by family members - people who are supposed to love them. In Aboriginal communities, 'family' may refer to a large extended network of relatives. Family violence definitions explain the types of abuse associated with family violence, such as

- Physical abuse (hitting, slapping, punching, etc.)
- Emotional abuse (belittling, accusing, threatening, etc.)
- Financial abuse (controlling all the money, etc.)
- Sexual abuse (forcing unwanted sexual acts, etc.)
- Spiritual abuse (denying or making fun of spiritual beliefs).

The teachings of the Medicine Wheel can help us understand the various forms of family violence and how they make us feel. The Medicine Wheel shows the mental, emotional, physical and spiritual aspects present within all of us. Family violence affects all of these elements. The wheel can help us to understand the behaviours and the feelings commonly associated with family violence. These acts and feelings are sometimes called the "signs" of abuse. Later, you can use the Medicine Wheel to explore solutions to relationship violence.

Who gets abused?

Anyone can become a victim of family violence. Family violence can happen to women, children, babies, youth, men, and elders. Some people in the community may be more vulnerable. Those who are frail, young or weak are at greater risk. Aboriginal women experience much higher rates of harmful assaults and abuse than non-Aboriginal women.



Are you being abused?

Check out the Medicine Wheel for the signs and symptoms of a hurtful relationship. If you are experiencing these behaviours and feelings, then you are probably being abused. Don't blame yourself for what is happening. Remember, abuse is NEVER the victim's fault. Reach out for help. Knowing where to turn for help is the first step of the journey.

Physical Signs and symptoms the "behaviour"	Physical Feeling and Reactions the "harm"
<ul style="list-style-type: none"> • Hits you, kicks you, burns you, pulls your hair, throws things, pushes you • Takes your money; does not give you the basics of life (food, shelter) • Threatens to kill you, your children or the pets; harms property • Forces you into unwanted sex or touching 	<ul style="list-style-type: none"> • Broken bones, bruises, burns • Health effects - generally feeling unwell, smoking, running away • Hungry, lacking clothing, medicine • Walking on egg shells • Unwanted pregnancies, sexually transmitted infections, miscarriages
Mental Signs and symptoms the "behaviour"	Mental Feeling and Reactions the "harm"
<ul style="list-style-type: none"> • Plays mind games • Threatens to leave you or harm you • Stalks you • Acts extremely jealous • Demands your sole attention 	<ul style="list-style-type: none"> • Confused • Sad, lashing out at others • Anxious and scared • Guilty • Isolated from friends and family
Emotional Signs and symptoms the "behaviour"	Emotional Feeling and Reactions the "harm"
<ul style="list-style-type: none"> • Ignores you or neglects you • Criticizes you, puts you down, calls you names • Tells you are useless and stupid 	<ul style="list-style-type: none"> • Depressed • Unable to make decisions • Self-harming behaviour (self-cutting, eating disorders, drugs or alcohol) • Self-loathing
Spiritual Signs and symptoms the "behaviour"	Spiritual Feeling and Reactions the "harm"
<ul style="list-style-type: none"> • Mocks your religious/spiritual beliefs • Belittles everything you say 	<ul style="list-style-type: none"> • Negative coping mechanisms (drinking, drugs) • Loss of hope

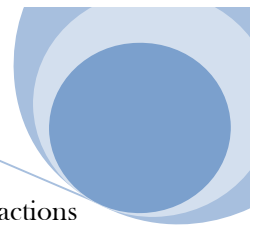
If you are being abused, you should know IT IS NOT YOUR FAULT

Violence against women in intimate relationships - Battering

- is a systematic pattern of domination
- where the abuser uses abusive tactics to maintain power and control over the woman
- where these tactics can escalate over time
- where the woman alters her behaviour in an attempt to stop the abuse

What is Emotional Abuse?

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Emotional abuse can be described as a tactic of power of control where the abuser uses words and actions that make the victim feel “bad” about themselves or feel like they are going “crazy”.

Adult Survivors of Childhood Sexual Abuse

What Is Sexual Abuse?

Sexual abuse represents any kind of sexual contact between an adult or older teen and a child. This behavior is used to gain power over the child and often involves a betrayal of the child’s trust.

There are many types of sexual abuse, some include physical contact or touching offenses. This includes fondling, touching sexual organs, masturbation, making the child touch the adult sexually, and vaginal or anal penetration with self or objects. Non touching offenses include exposing a child to pornographic material, indecent exposure, leering and deliberately putting the child in the position of having to witness an act of sexual intercourse.

Rape – Sexual Assault

Rape is forced, unwanted sexual intercourse. Rape, sometimes also called sexual assault, can happen to girls and women of any age. A stranger can perpetrate a rape but most sexual assault is committed by someone the victim knows.

Rape is about power, not sex. A rapist uses actual force or violence – or the threat of it – to take control over another human being. Some rapists use drugs to take away a person’s ability to fight back. Rape is a crime, whether the person committing it is a stranger, a date, an acquaintance, or a family member. No matter how it happened, rape is frightening and traumatizing. People who have been raped need care, comfort, and a way to heal.

What Should I Do?

What’s the right thing to do if you’ve been raped? Take care of yourself in the best way for you. For some people, that means reporting the crime immediately and fighting to see the rapist brought to justice. For others it means seeking medical or emotional care without reporting the rape as a crime. Every person is different.

There are three things that everyone who has been raped should do, though:

1. Know that the rape wasn’t your fault.
2. Seek medical care.
3. Deal with your feelings.

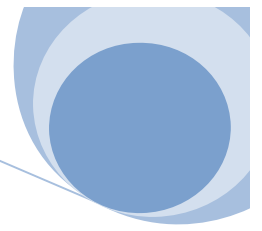
It’s Not Your Fault

Whatever happened, it wasn’t your fault. No one has the right to have sex with you against your will. The blame for a rape lies solely with the rapist.

Sometimes a rapist will try to exert even more power by making the person who’s been raped feel like it was actually his or her fault. A rapist may say stuff like, “You asked for it” or “You wanted it.” This is just another way for the rapist to take control. The truth is that what a person wears, what a person says, or how a person acts is never a justification for rape.

Most people who are raped know their rapists. That can sometimes lead the person who’s been raped to try to protect the perpetrator. Make protecting yourself your priority; don’t worry about protecting the person who raped you. If you want to report the crime, do so. If you don’t feel comfortable reporting it, though, you don’t have to. Do whatever helps you feel safe and heal – without blaming yourself.

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Why don't people who are being abused just leave?

It is not that easy to leave. Here are a few barriers that victims may face:

Denial. Victims of abuse will often deny they are being harmed. It is hard to admit that the person who is supposed to love you is hurting you. Often victims have not even “named” what is happening to them as abuse. Others may tell them that the hurtful acts are normal. Friends may say all relationships are like that. They may even say the behaviour isn't that bad and tell the victim that he or she is weak.

Blame. People may tell the victim that the abuse is “their fault”. They may say that the victim was “pushing the abuser's buttons” or not being a “good” spouse or parent. And abusive people almost always blame the victim for “making it happen”. Eventually, the victim may blame him or herself too.

Shame. The victim may be afraid that others in their community will not believe them. After all, the abuse usually happens in the privacy of the home and everyone may know and like the abuser. Perhaps they won't even believe the victim. They may even judge the victim to be a bad person.

Fear. Many victims fear that leaving, calling the police, or looking for help will just make things worse. The abuser may destroy property, harm or kill pets and/or threaten to harm or kill the victim, the children or other family members if the victim leaves.

Loyalty. Sometimes victims do not get help because they do not want to get their abuser in trouble. They may not trust the criminal law system and the way that it treats Aboriginal people. They may feel that looking for help from outside, such as calling the police, is a betrayal of their own cultural roots. They may feel that they should be loyal to the abuser whether it is their spouse, common-law partner, or parent.

Nowhere to go. The victim may have nowhere to go. If he or she lives on-reserve, there may be no housing for them if they leave. The victim may not have any right to the home where he or she is living if the abuser refuses to move out. The victim may have gone to live with family and friends when things got bad, but they always returned because they did not have enough room. Elderly victims or children may be completely dependent on the people who are abusing them and they may decide to live with the abuse rather than live with the unknown alternative.

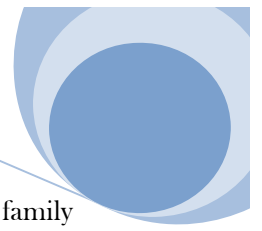
Leaving community. Sometimes leaving the relationship means moving off-reserve and leaving behind family, friends and natural supports. When this happens, the victim may feel lonely and isolated away from the community. The victim's children may also get upset and angry at being taken away from their friends.

Leaving culture behind. If a victim has to move off-reserve to end the relationship, it means leaving behind Aboriginal culture and perhaps language, and living in unfamiliar situations. It can mean a loss of many other benefits as well.

No money and no support. The victim may have no way to support him or herself and the children if he or she leaves the abuser. The victim may decide that living with an occasional beating is better than living on welfare and looking for support and services from non-Aboriginal agencies who may not understand his or her needs.

Best for the children. Many victims stay in abusive relationships because they think it is best for the children to have two parents in the home. However, research shows that children who see or hear a parent being abused by the other parent do feel the effects. These children are more likely to have emotional problems, trouble in school and feelings of anger. They may grow up to model the violent behaviour in

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their own adult relationships. Child protection laws in British Columbia recognize that exposure to family violence may be a reason to remove the children from their home if their development and security is at risk.

What about the abuser?

Usually when people are acting hateful and abusive, they have lots of problems of their own. They may have had a rough childhood. They may have lost a job. They may be struggling with addictions. This is not an excuse for abusive behaviour. People must be responsible for the way they behave. The abuser needs help too. Perhaps the abuser can get help to find non-violent, healthy ways to deal with their feelings and express anger and frustration. Sometimes, the couple can both get help. If this is not possible, the victim may have to leave the relationship to get help. If the children are witnessing the abuse, there is help available for them too. Help for victims, abusers and children may be available both on- and off-reserve, from traditional and non-traditional counselors, spiritual advisors and professionals.

If you are hurting the people you love, you should look for help to deal with your pain, anger and controlling or violent behaviour.

What about children who are abused? Is that family violence too?

Yes, when family violence happens to children it is called “child abuse”. Children can experience most of the same forms of abuse described above. Our child protection laws state that exposing children to adult violence is another form of child abuse, even if they are not being physically harmed or neglected. The consequences of abuse on children can be devastating and last a lifetime. Moreover, children who grow up witnessing and experiencing abuse are more likely to lash out at their own partners and their own children whenever they are angry or feel out of control. For more information about child abuse and the effects on children, refer to our website.

Does abuse stop when people get older?

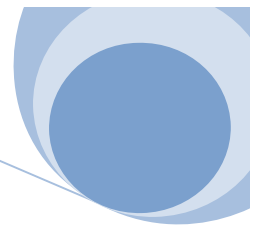
Not necessarily. Where there has been a pattern of physical violence in a spousal relationship, the abusive behaviour often continues over time, regardless of the age of the spouses. Generally, older members of a family who are abused by relatives other than spouses are more likely to be victims of neglect, emotional or financial abuse than physical abuse.

If family violence happens behind closed doors, how does it harm the community?

People experiencing abuse are often not happy or productive members of society. They cannot contribute to their full potential. They may even do things that harm others in community, like turning to alcohol or drugs, committing crimes, running away or perhaps committing suicide. When families and communities are coping with problems such as addictions, family stress, poverty, crime and so on, the chances increase that feelings of anger and frustration will result in abusive acts.

Whether you have been affected directly or indirectly, one thing is clear - family violence hurts the entire community. As long as individuals suffer from family violence, either as victims or perpetrators, then the community cannot be strong.

The path to healing is not only an individual journey, it is a journey that the entire community must take to foster non-violent ways of being and living with each other.



SAFETY PLANS

Safety plans are important tools for abused women and children. A safety plan sets out possible actions you can take to increase your safety and the safety of your children. They can help you prepare for the possibility of further violence. There are many different aspects of safety planning.

The safety plans are presented using the medicine wheel teachings. You can explore safety-planning techniques across a range of elements. Most safety plans deal only with how to escape in a crisis and get to someplace safe. In addition to physical safety planning, the safety plans in this booklet also deal with the emotional, mental and spiritual aspects of being and keeping safe.

You can use the models in this booklet to create your own safety plans. Consider asking someone to help you make your safety plan. Although you will know best what might work for you, hearing another person's suggestions is always helpful. So, go ahead and ask a social worker at the Health Centre, the staff of Battered Women's Support Services or your local transition house (see page 2 of your telephone book for phone numbers for transition houses), or a friend to go over it with you. You may have to create some, or all, of these safety plans for yourself. If you know someone who is living with abuse, offer to help them to make a safety plan.

SAFETY DURING A VIOLENT INCIDENT

In order to increase safety during a violent incident, abused women may use a variety of strategies. Some strategies for you to consider are:

What is/are the possible escape route(s) from my home? What doors, windows, elevators, stairwells, or fire escapes could I use:

I will take the time to practice how to get out safely.

I can keep my purse/wallet and keys handy, and always keep them in the same place _____ so that I can locate them easily if I need to leave in a hurry. I can also have a second set of keys made in case my (ex)partner takes the first set.

If it is safe for me, I could tell the following people about the violence and ask them to call the police if they think I am in danger.

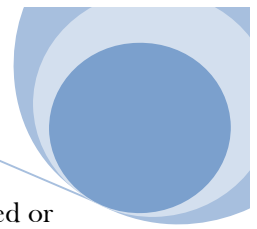
My children's safety is central to my safety plan. I may be able to teach my children a safety plan just for them.

It may be helpful to have a code word to use with my children or other family members if I need them to call for help. My code word is _____.

Safe places that I can go if I need to leave my home:

1. A place to use the phone:
2. A place I could stay for a couple of hours:
3. A place that I could stay for a couple of days:

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During an abusive incident it is best to try to avoid places in the house where I may be trapped or where weapons are readily available such as the bathroom or bedroom. Bigger rooms with more than one exit may be safer. The places I would try to avoid would be _____, _____, _____.

The places I would try to move to are _____, _____, _____.

In abusive situations, women sometimes say or do things that in they would not do or say if they were in a healthier relationship. For some women this involves survival skills such as claiming to agree with the abuser even when it's not true in order to increase safety. On other occasions, women may retaliate against the abuser with violence; however, be aware that such actions could lead to you being charged with a criminal offence.

Calling the Police can increase safety. Woman abuse is a crime; it is against the law. If there are reasonable and probable grounds to assume an assault has occurred, the Police are mandated to lay a charge of assault.

Given my past experience, other protective actions that I have considered/used are:

SAFETY AS I PREPARE TO LEAVE

Here are some actions to consider if you are leaving your abusive partner. Even if you are not planning to leave, it is important to have a safety plan in case the violence gets worse and you do have to leave quickly.

I should just leave without telling my partner because it may be dangerous to say that I am leaving

In case I have to go quickly, I can leave some emergency cash, an extra set of house keys and car keys and some extra clothes with _____, and _____.

I can keep copies of important documents such as birth certificates, status cards and Medicare cards for myself and my children at _____.

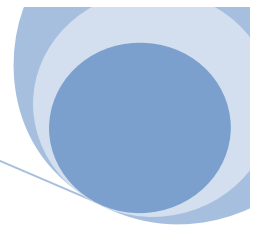
I can open a savings account to increase my freedom to leave. I should make sure to tell the bank not to send any mail to my home address.

I can get legal advice from a lawyer who understands woman abuse. But I should make sure the lawyer knows not to send any letters to my home address. If I have call display at my home, I will let my lawyer know to use Call Block *67 when contacting me by telephone (refer to the front pages of your telephone book for information on Call Block).

I can call the Battered Women's Support Services for Aboriginal women. The free telephone number is 604.687.1867 . I can seek safe shelter and support by calling this number. Other transition houses and crisis numbers are listed on pages 1 & 2 of the telephone book.

I can keep change for phone calls on me at all times. I must be careful if I am using a telephone credit card because my (ex) partner could see the numbers I have called on next month's telephone bill. To keep telephone communications confidential, I can use a pay phone, a friend's phone, or a friend's calling card. If I have call display at my home, and I am concerned about my partner discovering who may be calling me, I should tell anyone who may want to call me how to use Call Block *67 so that their names and numbers will not appear on my home telephone (refer to the

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front pages of your telephone book for information on Call Block).

If I have to return home to get personal belongings, I can call the police and ask them to come with me and stand by and keep the peace. To do this, I call 911 and ask the police to meet me somewhere close to my home. They will stay while I pick up my own and my children's personal belongings.

These are people in the community that I could ask for assistance with the following matters:

- money: _____
- childcare: _____
- support attending appointments: _____
- transportation: _____
- other: _____

Telephone Numbers I Need to Know:

For safety reasons it may be necessary to keep these telephone numbers hidden (but accessible!) and/or memorize the numbers:

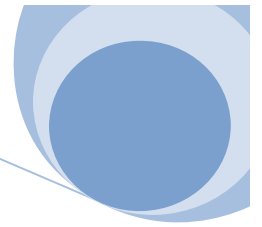
- Police Department _____
- Battered Women's Support Services 604-687-1868
- Other/Local Transition House (see page 2 of telephone book) _____
- Health/Wellness Centre _____
- Victim Services _____
- Counselling/Mental Health _____

- Lawyer _____
- Band Office _____
- Minister/Priest/Elder _____
- Local Family Violence Prevention Organization: _____
- Other _____

I should take important items with me when I leave, if there is time. I will keep them all together in one location or put some of the outside the home. This will make it much easier if I leave in a hurry. Items I may want to take if I leave.

- | | |
|---|--|
| identification for myself and my children | driver's license and registration |
| birth certificates for myself and my children | medications |
| status cards for myself and my children | passports |
| protection order papers/documents | health cards |
| social insurance cards | medical records |
| school /vaccination records | divorce/separation papers |
| jewellery | address book |
| money | pictures/photos |
| chequebook, bank book/cards | children's favourite toy/blankets |
| credit cards | items of special sentimental value |
| keys - house/car/office | certificate of possession/deed to property |

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SAFETY IN MY OWN HOME

Following are some suggestions for safety measures in your own home. (Some of these safety measures cost money.)

If possible I could:

- change the locks on my doors and windows (if you are renting you should check with your landlord, or if you own your own home, you should get legal advice before changing the locks)
- install a peep hole in the door
- replace wooden doors with steel/metal doors
- install window bars, poles to wedge against doors, an electronic alarm system
- purchase rope ladders to be used for escape from second floor windows
- install smoke detectors and buy fire extinguishers for each floor
- install a motion sensitive lighting system outside that lights up when a person is coming close to my home
- leave the lights on

If we are arguing over custody and access of the children, I can tell the people who look after my children about who has permission to pick up my children and who does not. I can give them copies of the family court orders and a picture of the abusive partner. The people I will inform about pick up permission include:

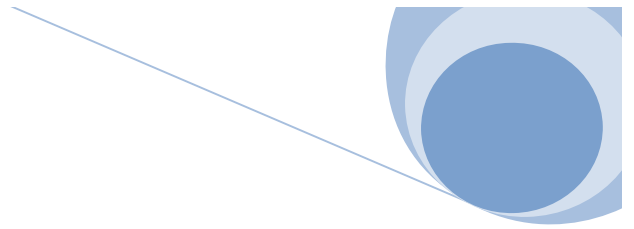
- school: _____
- daycare staff: _____
- babysitters: _____
- Sunday school teacher: _____
- teacher: _____
- other: _____

I could inform

_____ (neighbour),
_____ (Band Office),
_____ (friend),
_____ (landlord / other)

that I am separated and they should call the police if they see my (ex)partner near my home.

Other things that I am already using or that I might use:



SAFETY WITH A PROTECTION ORDER

Protection orders are legal restrictions on movement and actions that come in different forms: peace bonds, restraining orders, bail conditions, parole conditions, child custody access orders, etc. Many abusers do obey protection orders, but one can never be sure which violent partner will obey and which will violate protection orders. It is often necessary to ask the police and the courts to enforce a protection order. The following are some steps that I can take to help support the enforcement of my protection order.

It is important to know the specifics and limitations of my protection order. I will find out the conditions and what they mean for my safety.

I can call the police station to ensure that the protection order is registered on CPIC (the police computer system).

If my (ex)partner violates the protection order, I can call the police and report the violation.

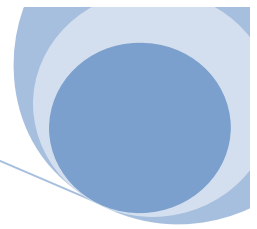
Depending on the type of protection order, I can also contact my (ex) partner's parole/probation officer, and/or my lawyer. (It is important to report to the police every violation of the order).

If the police do not help, I can call the shift supervisor immediately at the police station and express my concern. I can also contact my (ex)partner's parole officer or my lawyer, as well as filing a complaint with the police.

I will keep my protection order document(s) (originals, if possible) in/at _____ (location). It is beneficial to keep the document(s) on or near me. It may also be helpful to keep a copy in a second safe location also.

If my (ex)partner destroys my protection order, I can get another copy from the courthouse, my lawyer, or _____.

If it is safe to do so, I can inform my employer, my friend _____ and _____ that I have a protection order in effect.



SAFETY ON THE JOB AND IN PUBLIC

Each abused woman must decide if and/or when she will tell others that her partner has abused her and that she may be at continued risk. Friends, family and co-workers may be able to help protect women. Each woman should consider carefully which people to recruit to help secure her safety.

I might do any or all of the following, if I feel comfortable and safe doing do:

I can tell my boss or supervisor and _____ at work about my situation.

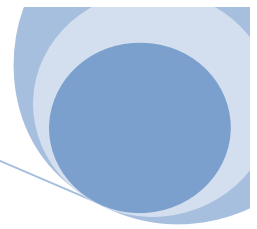
I can ask to screen my telephone calls at work and keep a record of them.

I could discuss the possibility of having my employer call the police if I am in danger from my (ex)partner.

I can use the following safety suggestions for arriving or leaving work:

- let someone know when I'll be home
- walk with someone to my car
- look around the parking lot
- if my partner is following me, I can drive to a place where there are supportive people, such as a friend's home or the police station
- If I am walking, I can take a route where there are lots of people
- I can take different routes home
- If I see my partner on the street, I can go to a public place, e.g. store
- I can buy a whistle or a personal alarm to call attention to myself and ask for help if I am being harassed.

I can use different grocery stores/shopping malls and shop at different times than I did before to reduce the risk of contact with my (ex)partner.



SAFETY AND CONSUMPTION OF ALCOHOL AND DRUGS

Sometimes a victim of abuse will drink alcohol or take mood-altering drugs to hide their pain. Some of this use is legal and some is Being abused is exhausting and emotionally draining. The process of surviving requires much courage and incredible energy. To conserve my emotional energy and resources and to support myself in hard emotional times, I can do some of the following:

If I have left the relationship and I am experiencing loneliness or manipulative tactics from my abusive partner, I can take care of myself by _____.

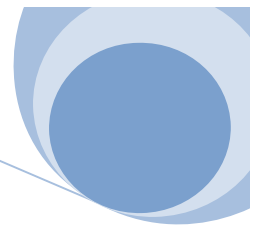
When I have to communicate with my partner in person or by telephone, I can emotionally prepare by _____.

When I face potentially difficult times like court cases, meetings with lawyers and such, I can prepare by _____.

I can call _____, _____, and _____ as other resources to support me.

I can find out about and attend workshops and support groups in the community by calling agencies and services such as the Health/Wellness Centre, Mental Health Centre, the Band Office, family services, family resource centres, a transition house in my, or local family violence prevention

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SAFETY AND EMOTIONAL HEALTH

Being abused is exhausting and emotionally draining. The process of surviving requires much courage and incredible energy. To conserve my emotional energy and resources and to support myself in hard emotional times, I can do some of the following:

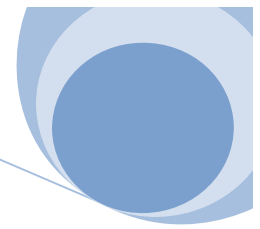
If I have left the relationship and I am experiencing loneliness or manipulative tactics from my abusive partner, I can take care of myself by _____.

When I have to communicate with my partner in person or by telephone, I can emotionally prepare by _____.

When I face potentially difficult times like court cases, meetings with lawyers and such, I can prepare by _____.

I can call _____, _____, and _____ as other resources to support me.

I can find out about and attend workshops and support groups in the community by calling agencies and services such as the Health/Wellness Centre, Mental Health Centre, the Band Office, family services, family resource centres, a transition house in my area, or local family violence prevention organizations.



SAFETY AND THE INTERNET

The Internet, including MSN Messenger, chat rooms and email, are wonderful tools for communicating with people near and far, sharing information and getting information. For a victim of abuse, however, using email and finding resources on the Internet can put you at increased risk for harm if your activities are being monitored by the abuser. And monitoring another person's activity on the Internet is not that difficult to do. Internet browsers record a history of recently visited web sites for fast reloading on your next visit. Your safety could be jeopardized if your abuser were to check this history. There are some things you can do to hide your Internet use. It may be safer to access information on the Internet from a friend's house, your workplace, a library or Internet cafe.

Service providers should advise a person in abusive personal relationships, such as an abused woman, about these risks and provide them with information on how to keep safe when surfing the net and using email.

The safest way to prevent an abuser from monitoring a partner's/spouse's Internet and email activity is to use a computer that no one in the family has access to. Some suggestions might be to use a computer in a library, community access centre, at work, or at a trusted friend's house. Sometimes it is possible to get an email address from a web-based email program, which will only be accessible with a password. Even when using a community computer, be sure to delete your "history" or the addresses of the sites you visited from that computer.

If you do not have access to an outside computer, then you should take extra care to delete the computer trail you have left behind in case someone is monitoring your activities. There are many different ways to erase your history depending on your computer (MAC or PC), your software and even the browser that you are using (Netscape, Explorer, etc.) Here are a few tips, but you should read your own computer manual on how to do this or use the Help function. **It is important for service providers to remind women that safety plans, even on the Internet, do not guarantee absolute safety.**

Your Internet Activities Can Be Discovered

It may not be safe for you to access sites for information about family violence from your computer. Your abuser could discover what sites you have visited. To hide your Internet activities you need to clear the computer's memory of the most recent pages you have accessed on the Internet. This memory is the browser's cache. By emptying your computer's cache, your recently visited sites will be deleted. It is a good idea to access some sites on other subjects after you have cleared the cache so that it will have some items in it. For instance, check out the sites of newspapers, government, or entertainment.

If you use Internet Explorer:

Pull down the tools menu, select Internet Options. Choose the General tab, under Temporary Internet Files, click on "Delete Files". Under History, click on "Clear History" then click "OK".

If you use Netscape:

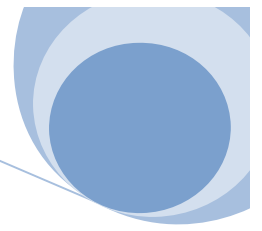
Pull down the Edit menu, select Preferences. Under Navigator, click on the "Clear History" button. Then double click on Advanced, select Cache. Click on "Clear Disk Cache".

If you use AOL:

Pull down My AOL, select Preferences. Click on the WWW icon under Temporary Internet Files, click on "Delete Files". Under History, click on "Clear History".

If you do not know which browser you are using, pull down the Help menu, and click on About.

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SAFETY FOR MY CHILDREN

Strategies for developing a safety plan with your child(ren) should include their physical, emotional, mental and spiritual well-being. It is important to help children and youth learn ways to protect themselves. Children exposed to family violence can be profoundly affected. It is very traumatic to be faced with violence directed at them or someone they love. Personal safety is extremely important and safety planning is always necessary for children whose families are experiencing violence.

CRISIS SITUATION

Your child witnesses or is exposed to parents or caregivers who make threats of violence, cause injury, or damage to property or pets . . .

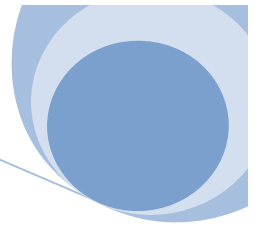
- Have your child identify a safe room/place in the house, preferably with a lock on the door, and a phone. The first step of any plan is for the children to get out of the room where the abuse is occurring.
- Teach the child how to call for help. It is important to ensure that the child know they should not use a phone that is in view of the abuser. This puts them at risk.
- Teach them how to contact police or band constables and their emergency numbers, or to call 911.
- Ensure that the child knows his or her street address and his or her full name
- Rehearse what they will say. In the case of young children it should be simple yet specific, i.e. “someone is hurting mommy”.
- It is important for children to leave the phone off the hook after they are finished talking. The police will call the number back if the child hangs up. This could create a dangerous situation for yourself and the child.
- Teach the child about safe places to go such as a neighbour’s or a relative’s home.
- Make sure your children know that they should not feel responsible for the abuse. It is not their fault.
- Make sure your children know they should get to safety and that it is not their responsibility to distract the abuser or to get involved in the abusive episode.
- Make sure your children know that the most important thing they can do for their mothers and their families is to get out of the way!
- Make sure your children know that they are not expected to stop the abuse – other adults can do that.
- The most important thing for a child to know is that you love them and want them to keep themselves safe.
- Make sure the children know that knowing who to call and how to get help is the best way for children to help a parent who is being abused.
- There are people who can talk to them to help them deal with the pain of seeing their mother or others being abused.

Key Messages for Children

1. You are not to blame for the abuse.
2. You must not put yourself in danger.
3. Abuse is very dangerous, and it is against the law.
4. If you have a safe place, go there when the abuse is happening.
5. You are not responsible for your mother's safety, but you may be able to get help.
6. If you can get to a phone in your own house, a neighbour's house, or a pay phone, you can call for help.

Here’s what to do when you call for HELP:

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Dial: 9 1 1.

They will say: “POLICE, FIRE, AMBULANCE”

You answer: Police

Then say:

My name is _____.

I am _____ years old.

I need help. Send the police.

Someone is hurting my mom.

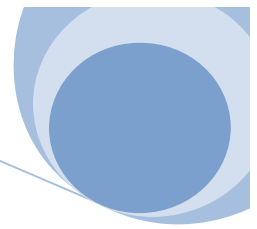
The address here is _____.

The phone number here is _____ .

It may not be safe for you to stay on the phone. If it is not safe tell the person that and then just put the phone down.

DO NOT HANG UP.

If you hang up, the police may call you back.



COMMUNITY ACTION PLAN

An Exercise for Creating a Family Violence Prevention Community Action Plan

Step 1: Landscape your community

Try to identify the existing services in your community to respond to the needs of victims of family violence. Identify both on and off reserve services. If your group is large, break into smaller groups. Come together to share your findings.

Step 2: Identify gaps and the barriers

Next, have a discussion about the needs in your community and the gaps in services and resources. Share your ideas for addressing gaps.

Step 3: Create an Action Plan

Based on the discussion above, create a family violence prevention Action Plan.

Step 1: Landscape Your Community

Consider the following question:

1) Under each of the headings below, identify existing services and resources available in your community, both on- and off-reserve, that can help people experiencing family violence.

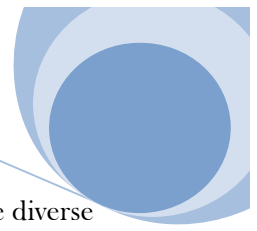
- Crises Response Services - police, victim services, transition houses, hospitals
- Educational Services and Resources - safety planning, public education, parenting skills, credit counseling, etc.
- Health and Medical Services - physicians, emergency room, public health, other health practitioners
- Religious/Spiritual - traditional sweats, as well as churches, prayer groups
- Outreach Programs - Counseling services, Native Friendship Centre, Family Resource Centres
- Community Support - Band and Council, support groups, safe houses, Second Stage Housing, Family Resource Centres, YWCA and YMCA
- Counseling & Support Groups - child protection services, support groups, health and wellness counseling, alcohol and drug rehabilitation programs, anger management
- Legal Information - Legal Aid, legal clinics, Band Lawyer
- Housing and Employment - affordable housing, employment and training opportunities

Step 2: Identify Gaps and Barriers

Discuss these questions:

1. What are the gaps in services and resources for dealing with family violence in your community? (List at least three services you would like to have available.)

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2. What are the needs in your community for these services and resources? Be sure to consider the diverse needs of women, children, elders, youth, and men.
3. What barriers would have to be addressed to ensure that people in your community can access existing and proposed services/resources? (Eg. Shame, fear, hopelessness, addictions, low literacy, poverty, few options, etc.) List five.

Report Back

(If you were in small groups, come together to report back and share ideas. Have each group list three important gaps/needs on a flip chart. Eventually, there will be many suggestions.)

Step 3: Create an Action Plan

Based on your discussion of gaps and needs in your community, answer these questions and fill in the attached table to start the process of creating an action plan to improve the response to family violence in your community. The fact sheet in your Medicine bundle called “Community Healing” offers additional information and tips on how to create an action plan.

- (a) Gaps and needs: What are the family violence issues (gaps and needs) that we could respond to in our community? Choose the issues from the flip chart. List five. If possible, choose some needs that relate to crisis intervention, some that relate to prevention, and some that relate to public education.
- (b) Strategies for addressing this need: Next, brainstorm the strategies and actions that might help to address the identified issues? What new programs or services, or public education activities, or other things would help promote a healing journey for individuals experiencing or perpetrating abuse, their families, and the community?
- (c) Who’s responsible and Resources Needed : How can we make our action plan a reality? What would I be willing to do to address these issues? What are the abilities and resources that each person brings to the group, for example, as a member of a member of First Nation community, through my work or my organization?

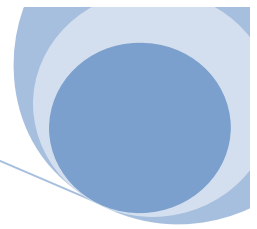
Remember: You will need to discuss who is not at the table. Who else needs to be invited to participate in implementing an Action Plan – service providers, teachers, Chief and Council, etc., and how can we engage them? Also, how could the broader community contribute to the Action Plan? What partnerships could we make that would improve our ability to achieve our goals?

What other resources do we need? Identify the resources, both financial and human, that would help you carry out any suggested projects or services. Where could you get these resources? Who could help? Who could write funding proposals or help with fundraising?

- (d) Expected Outcomes: Use this column to set out what you hope to accomplish by addressing particular needs and what you expect to happen in response to the specific strategies and initiatives that you plan to put into place. This is important because these expected outcomes become your indicators of success and will later help you with evaluating your plan.

“Dotmocracy”

Healing Ourselves and Our Communities



Give each person five red dots and ask them to put them on the issues they think are most urgent or important. You can put all your dots on one issue if you wish!

Look at where the red dots have accumulated. This may help the group reach consensus on a “family violence community action plan” for your region. You might agree to work to address the top three or the top five issues.

Our Healing Path Family Violence Prevention Community Action Plan			
a. Gaps and Needs	b. Strategies for addressing this need	c. Who's responsible Resources Needed	d. Expected Outcomes
1.			
2.			
3.			
4.			
5.			

Contact s

Empowering Women, Strengthening Communities... Every day the women who work and volunteer at BWSS move the vision of empowerment forward. With compassion, enormous energy, passion and determination for ending violence against women we are dedicated to this work. BWSS volunteers, staff and board members are examples of what it means to be women, feminists and leaders, activists and change makers... Each demonstrating their commitment to teamwork and an unshakable, unwavering commitment to making a difference at all cost.

- **Mailing Address**

PO Box 21503
1424 Commercial Dr.
Vancouver, BC
V5L 5G2

Business Phone:

604.687.1868

Counselling Phone:

604.687.1867

My Sister's Closet Phone:

604.254.7471

MSC1092 Phone:

604.687.0770

Healing Ourselves and Our Communities

Email

information@bwss.org

Hours of Operation

Mon to Fri 10am to 5pm
Wed 10am to 8pm
Closed Stat Holidays
Closed Sundays

[Full Contact Information](#)

Crisis & Intake Co-ordinator - Email: intake@bwss.org

Victim Services - Email: victimservices@bwss.org

Resources:

FAMILY VIOLENCE RESOURCES BRITISH COLUMBIA

Aboriginal Transition Houses and Family Violence Crisis Lines

Toll-Free Victim LINK Phone Line: (800) 563-0808 (24 hours)

British Columbia and Yukon Society of Transition Houses

Suite 507, 475 Howe Street

Vancouver BC V6C 2B3

Tel.: (604) 669-6943

Fax: (604) 682-6962

Email: admin@bcvsth.ca

Website: <http://www.bcvsth.ca>

Chiwid Transition House

Cariboo Friendship Society

250 South Mackenzie Ave.

William's Lake BC V2G 1J1

Tel.: (250) 398-6831

Fax: (250) 398-6115

Email: cariboo.fc@shawcable.com

Fort Nelson Women's Shelter

Northern Rockies Aboriginal Women Society

Suite 2B, 4916 - 50th Avenue North

P.O. Box 3190

Fort Nelson BC V0C 1R0

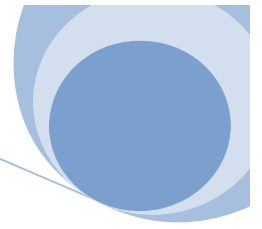
Crisis Line: (250) 774-4742

Email: fnws.nraws@northwestel.net

Hans Knaskt Project Haven

P.O. Box 144

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LYTTON BC V0K 1Z0
Tel.: (250) 455-2284
Fax: (250) 455-2287

Helping Spirit Lodge Society
3965 Dumfries Street
Vancouver BC V5N 5R3
Tel.: (604) 872-6649
Fax: (604) 873-4402
Website: <http://www.helpingspiritlodge.org/>
Email: helping_spirit@telus.net

Nuxalk Transition Home
c/o Nuxalk First Nation
P.O. Box 65
BELLA COOLA BC V0T 1C0
Email: snxlhh@belco.bc.ca

Okanagan Nation Transition/Emergency House
Okanagan Nation Alliance
3255C Shannon Lake Road
Westbank BC V4T 1V4
Tel.: (205) 493-4902

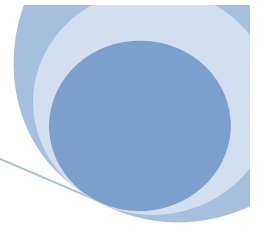
Somenos Transition House
Cowichan Women Against Violence Society
103–255 Ingram Street
Duncan BC V9L 1P3
Tel.: (250) 748-8544
Fax.: (250) 748-8539
Email: somenos@shaw.ca
Crisis Line: (250) 748-7273

S-YEM/YI.'M Transition House Society
P.O. Box 1906
MERRITT BC V1K 1B8
Tel.: (604) 378-0881
Fax: (604) 378-0855
Email: syemyim@ocis.net

Taku River Tlingits First Nation
Box 132
Atlin BC V0W 1A0
Tel.: (250) 651-7935
Fax: (250) 651-7949
Crisis Line: (250) 651-7761

Three Sisters Haven Society
General Delivery

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TELEGRAPH CREEK BC V0J 2W0
Tel.: (604) 235-3241
Fax: (604) 235-3244

Xolhemet Society
P.O. Box 2025
Sardis Station Main
CHILLIWACK BC V2R 1A5
Tel.: (604) 824-0939
Fax: (604) 824-0937
Email: xolhemetadmin@shaw.ca

Aboriginal Legal Aid Services and Legal Clinics

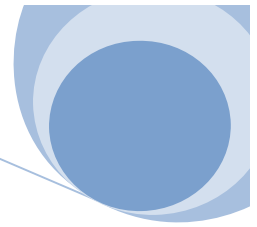
The Law Centre
First Nations and Métis Outreach Program
1221 Broad Street
Victoria BC V8W 2A4
Tel.: (250) 385-1221
Fax: (250) 385-1226
Website: http://www.thelawcentre.ca/first_nations.html

University of British Columbia
First Nations Legal Clinic
191 Alexander Street
Vancouver BC V6A 1B8
Tel.: (604) 601-6430
Fax: (604) 601-6435

Upper Skeena Counselling and Legal Assistance Society
4305 Field Street
P.O. Box 130
Hazelton BC V0J 1V0
Tel.: (250) 842-5218
Toll Free: (877) 842-5218
Fax: (250) 842-5987
Website: www.usclas.com

Mission Indian Friendship Centre
Law Clinic
331050A First Avenue
Mission BC V2V 1G4
Tel.: (604) 826-1281
Fax: (604) 826-4056
Email: mifcs@shawcable.com
Website: www.mifcs.bc.ca

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Battered Women's Support Services
First Nations Women's Support and Outreach
P.O. Box 21503
1424 Commercial Dr.
Vancouver BC V5L 5G2
Tel.: (604) 687-1867
Fax: (604) 687-1864
TTY: (604) 687-6732
Email: monawoodward@bwss.org
Website: www.bwss.org/programs/first_nations.htm

Legal Aid Services, Legal Clinics and Legal Information Sources

Legal Services Society
400–510 Burrard Street
Vancouver BC V6C 3A8
Tel.: (604) 601-6000
Legal representation for Lower Mainland: (604) 408-2172
Legal representation for rest of province, toll free: (866) 577-2525
Website: www.lss.bc.ca

Legal Services Society
Call Centre and LawLINE
Tel.: (604) 408-2172
Toll Free: (866) 577-2525

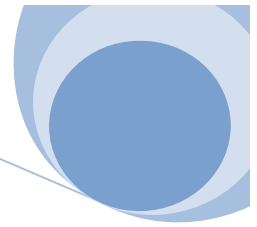
The Law Centre
University of Victoria
1221 Broad Street
Victoria BC V8W 2A4
Tel.: (250) 385-1221
Fax: (250) 385-1226
Email: reception@thelawcentre.ca
Website: www.thelawcentre.ca

The People's Law School
150-900 Howe Street
Vancouver BC V6Z 2M4
Tel.: (604) 331-5400
Fax: (604) 331-5401
Website: <http://www.publiclegaled.bc.ca>

Family Mediation Services

Family Justice Centres
Ministry of Attorney General
Vancouver: (604) 660-2421

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Victoria: (250) 387-6121
Rest of province: (800) 663-7867
Website: <http://www.ag.gov.bc.ca/family-justice/index.htm>

Child Protection Mediation Program
Ministry of Attorney General
Vancouver: (604) 660-2421
Victoria: (250) 387-6121
Rest of province: (800) 663-7867
Website: <http://www.ag.gov.bc.ca/dro/child-protection/index.htm>

Native Court worker Programs

Native Court worker and Counselling Association of British Columbia
207 - 1999 Marine Drive
North Vancouver BC V7P 3J3
Tel.: 604-985-5355
Fax: 604-985-8933
Email: nccabc@nccabc.net
Website: www.nccabc.ca

Provincial Agencies and Government Departments

Ministry of Aboriginal Relations and Reconciliation
2957 Jutland Road
P.O. Box 9100, Stn. Prov. Govt.
Victoria, BC V8W 9B1
Website: <http://www.gov.bc.ca/arr/>
Email: ABRInfo@gov.bc.ca
Victoria: (250) 387-6121
Vancouver: (604) 660-2421
Rest of BC: (800) 663-7867

Ministry of Community Services
Stopping The Violence Branch
Women's, Seniors' and Community Services
Box 9899, Stn Prov Govt
Victoria, BC V8W 9T9
Tel.: (250) 356-9340
Fax: (250) 356-0542
Website: <http://www.cserv.gov.bc.ca/women/stopping-violence/index.htm>

Women's, Seniors' and Community Services Department
PO Box 9824
Stn Prov Govt
Victoria, BC V8W 9W4
Tel.: (250) 953-3005

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Fax: (250) 387-7973

Website: <http://www.cserv.gov.bc.ca/wss>

Victim Assistance Programs

Victim Services

Ministry of Public Safety and Solicitor General

302 - 815 Hornby Street

Vancouver BC V6Z 2E6

Telephone - (604) 660-5199

Fax - (604) 660-5340

Email: VSDVictimsServices@gov.bc.ca

Website: http://www.pssg.gov.bc.ca/victim_services/index.htm

VictimLINK: (800) 563-0808 (24 hours)

[The National Aboriginal Circle Against Family Violence](#)

NACAFV as an organization has its basis in a consultative process that respects and recognizes Aboriginal knowledge as necessary for the effective provision of family violence intervention and prevention to Aboriginal peoples. The objective of NACAFV is to serve many stakeholders by acting as a national clearinghouse for on-the-ground information, develop standards, training programs and provide project monitoring around Aboriginal family violence.

NACAFV

396 Cooper Street, Suite 301

Ottawa, ON K2P 2H7

Tel: (613) 236-1844

Fax: (613) 236-8057

- [Aboriginal Domestic Violence in Canada](#)

A paper written by Michael Bopp, Judie Bopp and Phil Lane – from the Aboriginal Healing Foundation's Research series (see above).

- [Warrior-Caregivers: Understanding the Challenges and Healing of First Nations Men - A Resource Guide](#)

Written by W.J. (Bill) Mussell – from the Aboriginal Healing Foundation's Research series (see above).

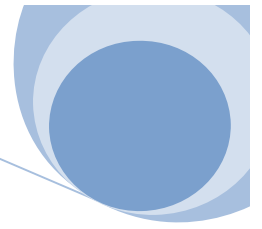
- [A Resource Guide on Family Violence Issues for Aboriginal Communities](#)

Written by David McTimoney for Health Canada and Indian and Northern Affairs Canada, and available from the National Clearinghouse on Family Violence.

- [Where Are the Children: Healing the Legacy of the Residential Schools](#)

This web site attempts to give voice to the untold stories of so many Aboriginal boys and girls who attended residential schools in Canada from 1831 to the 1990's. By doing so, the objective is to bring healing to those whose experiences have left them behind, as well as begin to introduce a sense of understanding for all Aboriginal and non-Aboriginal peoples.

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The Legacy of Hope Foundation

75 Albert Street, Suite 801

Ottawa, ON K1P 5E7

Tel: (613) 237-4806

Fax: (613) 237-4442

Toll Free: (888) 725-8886

- [Native Women's Association of Canada 'Sisters in Spirit' Initiative](#)

The Native Women's Association of Canada (NWAC) launched the national Sisters in Spirit Campaign in March 2004 to raise public awareness of the alarmingly high rates of violence against Aboriginal women in Canada. NWAC believes we are in an urgent state of affairs with regards to the safety of Aboriginal women in Canada.

Native Women's Association of Canada (NWAC)

1292 Wellington Street W

Ottawa, ON K1Y 3A9

Tel: (613) 722-3033

Toll Free: (800) 461-4043

- [Surviving the Past](#)

A web site looking at the history and nature of institutional child abuse. It shows how survivors are naming the abuse and restoring dignity in their lives and communities. For the purpose of this web site, institutional child abuse means the abuse forced upon a child living in an institution in Canada. The web site offers includes many resources related to the legacy and impacts of the residential school system.