



YWCA
CANADA

**WEEK
WITHOUT
VIOLENCE**

If you or *anyone* you know is involved in a violent situation, you can get help.

Talk

To a friend, family member, teacher, counselor or doctor. You may have to talk with more than one person before you get the help you need. Be persistent!

Call

- ▶ YWCA of Peterborough, Victoria & Haliburton 705-743-3526
- ▶ Crossroads women's shelters 1-800-461-7656 or 705-743-8922
- ▶ 4 Counties Crisis Line 705-745-6484
- ▶ The Kids Help Phone 1-800-668-6969
- ▶ Parents help Line 1-888-603-9100
- ▶ The police 911

If you or a *woman* you know is involved in an intimate violent situation, help is available.

Talk

- ▶ Tell her it's not her fault
- ▶ Ask her: "I'm concerned about how you got these injuries. Did someone do this to you?"
- ▶ Provide her with information about available resources (see below).

Contact

- ▶ YWCA of Peterborough, Victoria & Haliburton 705-743-3526
- ▶ Crossroads women's shelters 1-800-461-7656 or 705-743-8922
- ▶ Visit www.shelternet.ca

There is help. No one deserves to live with violence.

For more information on violence and violence prevention:

National Clearing House on Family Violence

- ▶ 1-800-267-1291
- ▶ 1-800-561-5643 (TTY)
- ▶ Visit www.phac-aspc.gc.ca/ncfv-cnivf/familyviolence/

UNESCO – United Nations Educational, Scientific and Cultural Organization has put together a document that lists experiences of organizations on non-violent conflict resolution in different social and cultural contexts. To view this document go to

http://portal.unesco.org/education/en/ev.php-URL_ID=9062&URL_DO=DO_TOPIC&URL_SECTION=201.html