

A HELP NETWORK

Abitibi-Témiscamingue	819 797-5599 (free) 1 866 335-5599
Bas-Saint-Laurent	418 724-0976 (free) 1 800 820-2282
Capitale-Nationale et Chaudière-Appalaches	418 648-2190 (free) 1 888 881-7192
Centre-du-Québec	819 472-1110 (free) 1 888 472-1110
Côte-Nord	418 962-2822 (free) 1 866 962-2822
Estrie	819 820-2822 (free) 1 877 822-2822
Gaspésie-Îles-de-la-Madeleine	418 689-4331 (free) 1 866 892-4331
Lanaudière	450 755-6127 (free) 1 888 755-6127
Laurentides	450 569-0332 (free) 1 800 492-2822
Laval	450 688-4581 (free) 1 877 629-4580
Mauricie	819 373-0337 (free) 1 888 552-2822
Montérégie	450 670-3400 (free) 1 888 670-3401
Montréal	514 277-9860
Nunavik (Nord-du-Québec)	819 964-2053 (free) 1 866 778-0770
Outaouais	819 778-3555 (free) 1 800 331-2311
Saguenay-Lac-Saint-Jean	418 543-9695 (free) 1 877 543-9695
Mistissini	418 923-2751 (free) 1 855 604-6137
Chisasibi	819 855-2139 (free) 1 855 603-6136

1 866 LECAVAC ou 1 866 532 2822

In some CAVAC, depending on the region, services are offered in English, Spanish, and Aboriginal and Inuit languages



CRIME VICTIMS
ASSISTANCE CENTRE



Trained to support you

help	guide
listen	assist
support	inform
advocate	advise
intervene	accompany



Justice Québec  PARTNER OF THE NETWORK **CAVAC**

1 866 LECAVAC (532 2822)
cavac.qc.ca



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cavac.qc.ca

Have you been a victim or a witness of a crime? Are you a close relation of a victim? Help exists. Don't hesitate to contact us!

Regardless of:

- The nature and gravity of the crime
- When the crime occurred
- Whether the perpetrator has been identified
- Whether the victim has filed a complaint

The **FREE** and **CONFIDENTIAL** services offered by the CAVAC Network are for you!

The CAVAC Network

The Réseau des centres d'aide aux victimes d'actes criminels, a network of assistance centres for victims of crime, includes 17 CAVACs. These non-profit organizations give you access to professionals trained in intervention. Distributed through every region of Québec, they have 170 access points available to help you.

A crime may result in various consequences specific to each person, whether he or she is a direct victim, a witness or a close relation:

- **Physical consequences**
(injuries, insomnia, eating problems, etc.)
- **Psychological consequences**
(anxiety, fear, anger, nightmares, etc.)
- **Social consequences**
(isolation, suspicion, fear of going outside, etc.)
- **Financial consequences**
(loss of income, taking medication, moving, etc.)
- **Spiritual consequences**
(loss of meaning of life, loss of confidence, etc.)

You can be reassured! Although these reactions are destabilizing, they are normal and indicate the presence of post-traumatic shock. Professional help can assist you. Our caseworkers are trained to evaluate your needs and intervene with the aim of reducing the consequences of the crime.

Trained professionals to support you

The CAVAC Network's multidisciplinary teams are composed of caseworkers from various professional orders, particularly:

- criminologists
- social workers
- psychoeducators
- sexologists

You will benefit from their expertise in post-traumatic intervention and the court system.

Psychosociojudicial services

Post-traumatic and psychosocial Intervention: evaluation of your needs and resources to offer you an intervention adapted to reduce the consequences of the crime and favour your recovery.

Accompaniment: during approaches with the police and different available resources, support throughout the judicial process, particularly for testimony in court.

Information on your rights and remedies: compensation programs, judicial process and other remedies.

Legal information: filing a police complaint, follow-up of different steps of the court proceedings and decisions that concern you.

Technical assistance: support to help you file applications or produce documents to exercise your rights (IVAC / compensation for victims of crime, victim impact statement, etc.).

Referral to specialized resources: to meet your more specific needs of a legal, medical, social or other nature.