

Resources

SOS Violence conjugale

-24/7 telephone support
1-800-363-9010
www.sosviolenceconjugale.ca

Côté cour (conjugal violence)

-Information services
Courthouse 514-868-9577
Municipal court: 514-861-0141

Inform'elle

-Judicial information and family mediation
450-443-8221 / 1-877-443-8221
www.informelle.osbl.ca

IVAC

-Indemnisation for crime victims
514-906-3019
www.ivac.qc.ca

Women's Center of Montréal

514-842-4780
www.centredesfemmesdemtl.org

CAVAC - Crime Victims Assistance Center

-Center location (Beaubien metro station)
514-277-9860
-East end location (Cadillac metro station)
514-645-9333
-West end location (Du Collège metro station)
514-744-5048



CRIME VICTIMS
ASSISTANCE CENTER

Support, Help and Resources

Conjugal violence

An information guide for women



CRIME VICTIMS
ASSISTANCE CENTER

Support, Help and Resources

Types of violence and the forms they can take

1- Psychological violence

Control of activities, money, manner of dress...

Indifference, silence, lies

Belittling decisions and actions

Ignoring attempts to communicate

Forcing decisions on a person, restricting his or her social contacts

All this results in isolating, lowering one's self-esteem, inducing guilt, humiliating by making the person feel incompetent and worthless, distorting and twisting his or her perceptions.

2- Verbal violence

Name calling, insults, yelling

Making degrading remarks

Harsh criticism

Showing lack of respect

Ridiculing one's tastes and choices

Threatening to injure or kill a person

3- Economic violence

Controlling the household financing, including depriving a person of life essentials like housing, food, clothing.

4- Sexual violence

Forcing a person to perform sexual acts

Excessive jealousy

Brutality during sexual relations

Forcing one into prostitution

Forcing a person to watch or create pornographic material

Sexual aggression is a way of exercising power and control.

5- Physical violence

Shoving, pushing, hitting, slapping

Hair pulling, pinching

Tying up a person, throwing things

Deprivation of medications or care



This list is very general and is not complete; there are other behaviours or situations that could be included.

There is no excuse for violence, the cycle of violence is a trap and it's best to escape from it!

Control, is not love...

Can I have hope that my partner will change?

There is nothing you can do to change another person. Your partner has to realize that his attitudes and his behaviours are unacceptable. You are not the one who needs counselling in order to stop the violence. It is not you who should adapt to his "problem." You need to know instead that violence almost always increases over time. It never goes away by itself.

Nothing justifies being sexually assaulted, injured, abused, used, ridiculed, hit.

A happy memory... is nothing more than a memory!

For your protection

If you decide to stay with your partner, you should have a safety plan, a way to protect yourself.

Think of at least four places you can go if you have to leave your house: friend, relative, hotel, colleague, shelter...

How to get out of the house? By taking out the garbage, walking the dog, getting the newspaper, running an errand... Establish a routine that lets you get out of the house for a short period of time on a regular basis.

Open a secret bank account.

Secretly buy a cell phone or, if not, have change to make a telephone call (quarters...at least 4 to 8 of them).

A list of things to remember

The most important things to remember is yours and your children's safety. If you have the chance to prepare before leaving, remember to take with you:

- money, bank (credit union) book, debit card and credit card
- your driver's licence, yours and your children's Medicare cards, birth certificates and passports
- prescription medications
- vaccination booklet
- lease or rental documents
- keys: house, car, office
- insurance documents
- mortgage and current bills
- clothing for 2-3 days
- the children's blankets, favourite toy...
- your address and telephone book

Violence is a vicious cycle

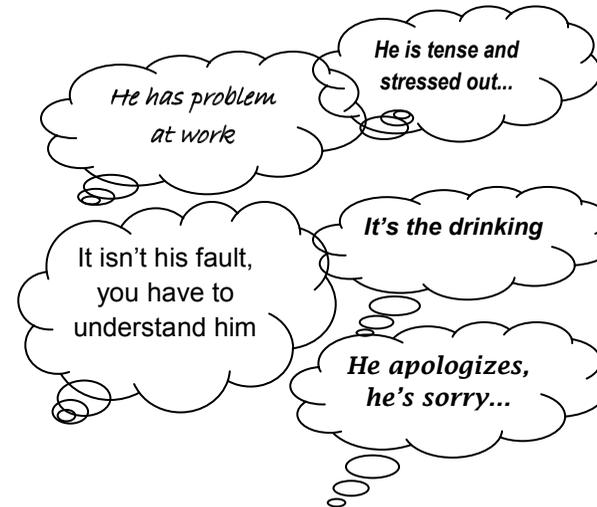
Psychological and emotional violence begins long before the physical abuse. Violence in a relationship can become a dangerous trap from which you can free yourself!

Overtime you realize that the violence is occurring more often and is becoming more severe with each episode. Very often, the violent partner is remorseful after an episode; he asks (begs) to be forgiven, and treats you like you are on a honeymoon. He is loving and attentive. This does not last long, eventually tension begins to build until it becomes intolerable and the violent behaviour returns.

And the children...

In addition to destroying your health and your life, violence affects the children. You are living in fear and isolation so it is likely that your children are also afraid; everyone feels the tension in the house that violence creates. The children may be afraid that they are going to be the victims next time.

The consequences and reactions are different, depending on the child's age. One thing is certain; your child can feel stressed, powerless and not safe. It is also likely that they are unhappy and worried about you.



None of these are excuses....

... everyone experiences tension. This is not a reason to put someone down, hit them, hurt them. Nothing can justify violence. Life is not always easy but that's no reason to make it hard for others. Each person is responsible for his or her actions and the ways he or she reacts.

Reporting violence means breaking the silence.

After the separation

Remember to change the locks so the doors and windows are secure. Install a peephole in the door and have bright exterior lighting.

If your partner is arrested and then released with conditions, you have the right to know the conditions set by the court. If your partner doesn't abide by these conditions, notify the police or the investigator immediately.

Let your family, neighbours, your circle of friends and acquaintances know that your partner is no longer living with you and ask them to call the police if they see him near the house (or the children).

911

Change your routine, including the route you take to work. Try to avoid places where you might run into him – grocery, store, bank...

If your children attend school, tell their teacher. Update the list of people who are authorized to pick up your children. If there is a court order prohibiting contact with the children, give a copy to the childcare centre or school.

At work, tell a colleague about your decision and, if possible, ask them to screen your calls.

Continue to benefit from the support, advice and help of an organization, friends or family.

And, above all, keep the name of someone you trust handy, someone you can call when you need to (if, for example, you begin to have doubts about your decision).