

IMPORTANT NUMBERS:

Police/Emergency	9-1-1
Crisis Centre	604-872-3311
Ministry of Children and Family Development After-Hours & Emergency Line	604-660-3194
Help Line for Children Dial '0' and ask for	"Zenith 1234"
SAFER Suicide Prevention Line	604-879-9251
Evergreen Transition House (Surrey)	604-584-3301
Virginia Sam Transition House (Surrey)	604-572-5116
Kate Booth House (Vancouver)	604-872-7774
Marguerite Dixon Transition House (Burnaby)	604-298-3454
Nova Transition House (Richmond)	604-270-4911
Sage Transition House (North Vancouver)	604-987-3374
Vancouver Rape Relief & Women's Shelter	604-872-8212
Legal Aid	1-866-577-2525
Lawyer Referral Service	604-687-3221
UBC Law Student Legal Advice Program	604-822-5791
Vancouver Status of Women	604-255-3998
Victim Link (Victim Information Line)	1-800-563-0808
MOSAIC Specialized Victim Assistance Program	604-254-9626
Men in Change Program	604-254-9626
Vancouver Police Victim Services	604-717-2737

WHAT IS MOSAIC?

MOSAIC is a multilingual, non-profit agency dedicated to assisting immigrants and refugees with their settlement and integration needs. Through a variety of programs and services, MOSAIC helps its clients participate fully in Canadian society. Since its inception more than 25 years ago, MOSAIC has become one of the Lower Mainland's largest immigrant-serving organizations.

EMPLOYMENT PROGRAMS

604 254 0244
employmentprograms@mosaicbc.com

ENGLISH LANGUAGE CENTRES

604 684 8825
esl@mosaicbc.com

FAMILY PROGRAMS

604 254 9626
familyprogram@mosaicbc.com

INTERPRETATION SERVICES

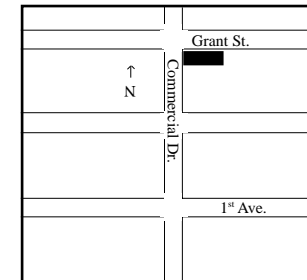
604 254 8022
interpretations@mosaicbc.com

TRANSLATION SERVICES

604 254 0469
commercial@mosaicbc.com

FAMILY PROGRAMS

Family Support Programs assist communities by providing group support to women with children to break isolation and promote healthy families and communities.



Contact the STV Counselor
604-254-9626
Monday to Friday
9:00 a.m. to 5:00 p.m.

Funded by the Ministry of Community,
Aboriginal and Women's Services

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1720 Grant St
Vancouver BC
Canada V5L 2Y7
Phone: 604.254.9626

FAMILY SERVICES

STOPPING
THE VIOLENCE (STV)
COUNSELING
PROGRAM

Counselling, Support
and Advocacy

INTEGRATING IMMIGRANTS AND REFUGEES
HELPS BUILD A BETTER COMMUNITY

ARE YOU IN A HEALTHY RELATIONSHIP?

A good relationship is based on care, trust and tolerance:

- care for one another
- respect and trust in each other
- space for different opinions, tastes and ideas

A Healthy Relationship **is not** based on *jealousy, control and unreasonable demands*.

If someone uses jealousy or anger to make you do things their way, then this is controlling behavior and this is not care.

You have the right to:

- live your life without violence
- be safe in your home
- talk to people about your situation
- keep your children safe from harm
- leave your home and go to a safe place

STOPPING THE VIOLENCE (STV) COUNSELLING PROGRAM

The STV Counselling Program provides free individual and group counselling to women experiencing emotional, physical, sexual, psychological, social and economic abuse. The STV program is for women enduring physical and/or

sexual violence; women subjected to years of verbal, emotional, psychological and physical battering; women dealing with the long-term effects of childhood trauma, including childhood abuse.

STV counsellors are specially trained, and have the knowledge and skills to provide aid and support to women who have endured traumatic violence and abuse. They are also specially trained to work within multicultural communities, with women from different language and cultural backgrounds.

ABUSE IS...

- ✗ **Physical:** pushing, choking, slapping, hitting and kicking.
- ✗ **Psychological:** denial of food, money, access to friends and family members; isolation or trapped against one's will within the boundaries of home or community.
- ✗ **Emotional:** threats to cause harm, playing mind games and/or humiliating, insulting and/or calling degrading names.
- ✗ **Economic:** denial of money for food, clothes and/or for personal use.
- ✗ **Sexual:** forced to have sex or be intimate against one's will.
- ✗ **Social:** isolation from friends and

family members, fear of angering someone.

STV COUNSELLORS PROVIDE FREE AND CONFIDENTIAL SERVICES, INCLUDING:

- ✓ One-on-one counselling and emotional support
- ✓ Group support
- ✓ Advocacy and information on your legal rights and how the court system works
- ✓ Crisis intervention
- ✓ Assistance with developing a safety plan
- ✓ Information and referral to other community resources

IF YOU ARE...

- Experiencing violence in your relationship
- Being hurt by your in-laws
- Lonely and isolated
- Denied money
- Forced to stay with the person who hurts you
- Feeling angry, sad and tired
- Afraid of being hurt

...YOU NEED HELP!

If you are hurt;
call the POLICE by dialing 9-1-1.

It's your life;
you have the power to CHANGE it!

Wife abuse is a CRIME;
you have the right to report abuse to the police and ask for police protection.

IF YOU NEED:

- Information about the law; and about your rights
- Information about custody, access and guardianship
- Counselling and/or support
- Information on the impact of violence on the family
- Help to deal with your relationship
- Referral to a specific service...

CONTACT THE STV COUNSELOR!

604.254.9626

**Monday to Friday
9:00 a.m. to 5:00 p.m.**

Confidentiality is assured.

These services are free!