

Dealing with

# Domestic Violence or Family Violence?

For confidential information  
and help, **1-877-977-0007**

Learn the signs of an unhealthy  
or abusive relationship.

For more information  
[manitoba.ca/FamilyViolence](http://manitoba.ca/FamilyViolence)

Manitoba 

# Are you or someone you know being abused?

## If you are:

- in crisis
- wanting to talk about your situation or the situation of someone you care about

**Call the provincial 24-hour crisis/  
information line for free, confidential help.**

**1-877-977-0007**

## How do I know if it is happening to me?

You could be a victim of domestic or family violence if someone close to you is:

- threatening to hurt you, your children, other family members or pets
- hurting you physically
- forcing you to have sex, or do things you do not want to do
- yelling or humiliating you (e.g. calling you names, insulting you)
- isolating you from friends and family
- keeping track of your emails, phone calls and Internet use
- not allowing you food, clothing, medication or other things you need
- controlling your finances
- controlling where you go, or what you do

## What is domestic violence?

Domestic violence happens when people in intimate relationships (currently or previously dating, married or living together) use abusive behaviour to control or hurt their partners.

Domestic violence happens to people of all ages, genders, cultures, income levels, religions, professions and abilities. Women, Indigenous people, younger adults, newcomers and immigrants, people with disabilities, LGBT2SQ+, and recently separated individuals are even more at risk for abuse.

## What is family violence?

Other forms of abuse that happen within families can also have serious effects, for example elder abuse, and abuse by immediate and extended family members. Services are available if this is happening in your family.

## Who does it affect?

Domestic and family violence can affect many others besides the victim. These include other family members, friends, neighbours, co-workers and pets.

Domestic and family violence often affects children. They are more likely to develop behavioural problems, and may grow up believing abuse is part of a normal relationship.

# Help is available

## CENTRAL REGION

Manitoba Justice – Domestic Violence Support Service (A, G, H) .....	204-239-3378 or 204-746-8249
Toll Free .....	1-866-484-2846
Portage Family Abuse Prevention Centre (B, C, G) .....	204-239-5233
South Central Committee on Family Violence (Genesis House) (B, C, G) .....	204-325-9800

## EASTMAN REGION

Eastman Crisis Centre (B, C, G) .....	204-346-0028
Survivor's Hope Crisis Centre (I, J) .....	204-753-5353

## FIRST NATIONS SHELTERS IN MANITOBA

First Nation Healing Centre (Fisher River Cree Nation) .....	204-645-2750
Toll Free .....	1-800-692-6270
Jean Folster Place (Norway House).....	204-359-3444
Mamawehetowin Crisis Centre (Pukatawagan -Mathias Colomb Cree Nation) Toll Free .....	1-866-432-1041
Nisichawayasihk Cree Nation Women's Shelter (Nelson House) .....	204-484-2632 or 204-679-1996
Wechin Waskigan Crisis Centre (Shamattawa) .....	204-565-2548 or 204-565-2551

## INTERLAKE REGION

Interlake Women's Resource Centre (A, B, G).....	204-642-8264
Lakeshore Women's Resource Centre (A, B, G).....	204-768-3016
Manitoba Justice - Domestic Violence Support Service (A, G, H).....	204-785-5213
Toll Free .....	1-866-484-2846
Nova House Inc. (Selkirk) (B, C, D, G).....	204-482-1200

## NORTHERN REGION

Manitoba Justice – Domestic Violence Support Service (A, G, H) The Pas .....	204-627-8483
Thompson.....	204-677-6368
Toll Free .....	1-866-484-2846
Men are Part of the Solution - MAPS (Thompson).....	204-778-6040
The Pas Committee for Women in Crisis (Aurora House) (B, C, G) .....	204-623-5497
Thompson Crisis Centre (B, C, G).....	204-778-7273
Toll Free .....	1-800-442-0613
Snow Lake Centre on Family Violence (A, G) .....	204-358-7141
Women's Safe Haven/Resource Service (Flin Flon) (A, B, C, D, G, I, J, K) .....	204-681-3105

## PARKLAND REGION

Manitoba Justice – Domestic Violence Support Service (A, G, H).....	204-622-5080
Toll Free .....	1-866-484-2846
Parkland Crisis Centre (Dauphin) (B, C, G).....	204-638-9484
Swan Valley Crisis Centre (A, B, C, D, G, I).....	204-734-9368

## WESTMAN REGION

Brandon Access Exchange Service (E, G, H).....	204-729-8115
Manitoba Justice – Domestic Violence Support Service (A, G, H).....	204-726-6515
Toll Free .....	1-866-484-2846
Samaritan House Ministries (D).....	204-726-0758 or 204-727-1268
The Counselling Centre – Men's Program (A, H) .....	204-726-8706
The Women's Resource Centre (A, G) .....	204-726-8632
Toll Free .....	1-866-255-4432
YWCA of Brandon – Couple's Program (F, H) .....	204-571-3680
YWCA Westman Women's Shelter (B, C) .....	204-727-3644

## WINNIPEG

A&O: Support Services for Older Adults.....	204-956-6440
Toll Free .....	1-888-333-3121
Seniors Abuse Support Line (Toll Free) .....	1-888-896-7183
Alpha House Project (D).....	204-982-2011
A Woman's Place: Domestic Violence Support & Legal Services (A, G) .....	204-940-6624
Bravestone Centre (D).....	204-275-2600
Chez Rachel (L'Entre-temps des Franco-Manitobaines) (D) .....	204-925-2550
Toll Free .....	1-800-668-3836
Couple's Counselling Project (A, F, G, H) .....	204-474-6711
Fort Garry Women's Resource Centre (A, G) .....	204-477-1123
Ikwe-Widjjiitwin (B, C, G).....	204-987-2780
Toll Free .....	1-800-362-3344
Immigrant Women's Counselling Services (A, G) Access NorWest .....	204-938-5900
Downtown.....	204-940-6624
Klinik Community Health Centre EVOLVE; Sexual Assault Crisis Program (A, B, G, H, J).....	204-784-4059
Manitoba Justice – Domestic Violence Support Service (A, G, H).....	204-945-6851
Toll Free .....	1-866-484-2846
Men's Resource Centre of Manitoba (A, C, G, H, K).....	204-415-6797
Toll Free .....	1-855-672-6727
North End Women's Centre (A, G).....	204-589-7347
NorWest Co-op Community Health (A, G) .....	204-938-5912
Pluri-elles (Manitoba) (A, G) .....	204-233-1735
Toll Free .....	1-800-207-5874
Rainbow Resource Centre Serving LGBT2SQ+ Communities (A, F, G, H, I) .....	204-474-0212
Spirit of Peace Program (Ma Mawi-Wi-Chi-Itata Centre) (A, G) .....	204-925-0300
The Laurel Centre (A, G, K).....	204-783-5460
Wahbung Abinoonjiag (A, G).....	204-925-4610
West Central Women's Resource Centre (A, G, I).....	204-774-8975
Willow Place (B, C, G, H, I) .....	204-615-0313
Crisis Line .....	204-615-0311
Winnipeg Children's Access Agency (E, G) .....	204-284-4170
Toll Free .....	1-866-886-6153

In Winnipeg, if you are leaving an abusive relationship and require temporary accommodations for your pet please call 1-877-977-0007.

Each resource listed above,  
has the services noted by  
these letters:

- (A) Specialized counselling,  
not crisis-orientated
- (B) Short-term crisis services
- (C) Shelter – emergency residential  
shelter and counselling

- (D) Second Stage Program
- (E) Supervised access services
- (F) Couples counselling -  
history of domestic violence
- (G) Wheelchair accessible

- (H) Services for men
- (I) Public education
- (J) Sexual assault crisis intervention
- (K) Adult survivors of childhood  
sexual abuse