

Does your partner or caregiver...

- ...blame you for making them angry?
- ...insult you in front of others?
- ...limit your access to money or prevent you from getting a job?
- ...cause you to feel afraid?
- ...become jealous of you for no reason?
- ...call or text you unusually often?
- ...insist to know where you are at all times?
- ...not allow you to spend time with others?
- ...intercept e-mails/calls/texts?
- ...threaten you if you told someone about an abusive incident?
- ...slap, hit, pinch or punch you?
- ...withhold your medication?
- ...force you to participate in unwanted sexual activity?
- ...make you do something you didn't want to do?

If you have answered **Yes** to some of these questions you may be in an abusive relationship.

You are not alone.

There is free help available to you.



Delta Police Emergency 911
Delta Police Non-Emergency 604.946.4411
To report abuse (24 hrs)

Delta Police Victim Services 604.940.5019
4455 Clarence Taylor Cres, Delta
Support related to relationship violence, info on the Criminal Justice System, court support and referrals to community resources.

Deltassist Family & Community Services
9097 120th St, Delta 604.594.3455
Provides family and community services, individual and group counseling to Delta residents. The Alternatives to Violence Program provides assistance to individuals and families experiencing family violence.

DIVERSEcity Community Resources Society
1107 - 7330 137th St 604.597.0205 ext 1202
Programs: STV, Children Who Witness Abuse, Alcohol and Drug, Grief and Trauma, Child & Youth Mental Health, Indo Canadian Spousal Abuse, Relationship Violence Prevention Programs, and Family Counselling.

OPTIONS Community Services
13520 78th Ave, Surrey 604.596.4321
Programs for women and children who are fleeing abusive relationships, and for youth who have witnessed abuse/violence.

Stroh Health Care 604.948.4912 ext. 154
The Respectful Relationships Part 2 (RR2)
Program is delivered to men referred by Community Corrections. Participants gain info and develop skills to reduce violence in relationships.

Respectful Futures resource consists of six modules, which may be used in schools and the community with the various modules being delivered to all ages but with an age-relevant approach.

Azure Place 604.957.1556
wingsap@azureplace.org
Delta Transition Home – Wings. A transition house in Delta, providing safe, secure, and temporary housing (up to 30 days) for women and children fleeing domestic violence.

Boys & Girls Club of South Coast BC
301-11861 88th Ave, Delta 604.591.9262
Sexual Abuse Intervention Program to Delta
youth who have been subject to sexual abuse, suspected abuse, or sexual behavior problems.

Delta/West Surrey Community Corrections
8285 120th St. Delta 604.501.3292

UFCW Local 247 Women's Committee
604.535.8329
Committed to supporting our Union members and members of our community.

Moving Forward Family Services Society
movingforward.help 778.321.3054
hello@movingforward.help 877.485.5025
Providing free and low fee counselling and support services to anyone across BC in over 30 languages.

Delta School District 604.946.4101
Prevention programs related to personal safety and healthy relationships provided for all students. Youth Care Workers/Counsellors also work with small groups or individual students who need targeted support.

Canadian Federation of University Women (CFUW) North Delta/Surrey 604.582.9411
Realizing Potential. For all women.

Soroptimist International of Surrey/Delta
soroptimistsurrey-delta.org 604-313-9522
Global women's service organization working to improve the lives of women and girls.

What is Relationship Violence?

It's a pattern of behavior that establishes **Power and Control** over another person. It uses fear, isolation, intimidation and often physical injury.

Ask Yourself...

Is your partner or caregiver ever unpredictable? – Sometimes wonderful but every once in a while very cruel or scary?

Do you feel isolated, like there's nowhere to turn for help? And feel like no one would believe you anyway?

Do you ever feel you have to say everything's okay, even when it's really not?

Do you feel nervous or frightened around your partner or caregiver?

Have you lost most or all of your friends since you've been in this relationship?

Do you ever feel worthless and with few options?

**Remember
it's not your fault!**

D. O. V. E. Coordinating Committee

*The **Delta Opposes Violence Everywhere Coordinating Committee** is committed to ending violence in human relationships, and its impact on everyone.*

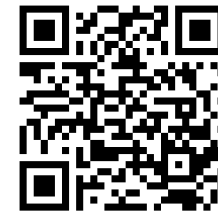
The committee is working towards improving a coordinated response to incidents of violence in relationships by identifying and addressing gaps or barriers in service delivery and promoting respectful relationships.

D.O.V.E



Delta Opposes Violence Everywhere

*Working together to end
relationship violence*



deltapolice.ca/services/victimservices/dove

deltaassist.com/community/delta-opposes-violence-everywhere