

Helping Women and their families succeed ...



Women's Outreach offers referral and educational services, individual support and program support to women to assist them in accessing, securing and developing the resources they need to achieve their individual goals.

PROGRAMS

Boundaries Groups
Building Blocks Nursery School
Domestic Violence Support
Immigrant Rural Outreach
Julietta's Place
KID Power
Monitored Exchange
Safe Visitation
Rural Outreach
Women's Drop In Group

SERVICES

Crisis Intervention & Support
Drop In Daycare
Housing Support
Legal Support
Post Shelter Services
R – Own Food Co-op

SPECIAL PROJECTS

Adopt A Family
Personal Care
Tools for School

TOGETHER ~ CHANGING LIVES

The Women's Outreach is proud to be a part of a community that collectively uses energy, talent, knowledge and resources to find solutions to important community issues. Together, we provide opportunities that help people make the transition to a better life.

We are grateful to those major FUNDERS who financially support our programs and services assisting us in helping to strengthen the lives of women and their families in central Alberta.

Women's Outreach is funded in part by:

Alberta children and Youth Services
Alberta Health Services
Alberta Law Foundation
Central Alberta Child and Family Services Auth Reg 4
Family and Community Support Services
Housing and Urban Affairs
Private/Anonymous Donors
Solicitor General and Public Security
Canadian Women's Foundation
The City of Red Deer through the Province of Alberta's Outreach and Support Services
United Way of Central Alberta



Monday—Friday 8:30am—Noon
1:00 pm—4:00 pm

You can find us at:

4808—51st Avenue
Red Deer, AB T4N 4H3

Contact us at:

Phone: (403) 347-2480
Toll Free at: 1-866-347-2480

On the Web at: www.womensoutreach.ca

DOMESTIC VIOLENCE SUPPORT



Domestic Violence Support



How is your Relationship?

Are you frightened by your partner's temper ?

Are you afraid to disagree?

Do you feel like there is "no way out" of your relationship?

Does your partner put you down, but then tells you that they love you?

Does your partner treat you roughly—grab, push, pinch, shove or hit you?

Does your partner call you several times a night or show up to make sure you are where you say you are?

Does your partner blame you for how they feel or act?

Does your partner threaten to hurt your pet or children if you don't comply with their wants or desires?

Has your partner made you economically dependent on them?

Have you been slowly isolated from family and friends?

*If you have experienced any of the above, you **MAY** be in an abusive relationship. You can contact a Domestic Violence Support Worker to explore your options at:*

(403) 347-2480 or (403) 505-2450
Or toll free at: 1-866-347-2480

Where do I start?

Knowing what to expect in your situation and talking about your feelings and concerns can help you make the best decisions for yourself and your children. We are here to help you explore the options and choices that are available.

Domestic Support Workers can help with....

- Safety Planning
- Information about abuse and healthy relationships
- Referrals for counseling and groups
- Guidance for seeking financial benefits and supports
- Emotional support
- Legal information and referrals.

Runs in the spring with topics such as goal development, understanding family of origin, and problem solving.

Who can I call?

Emergency	911
(police, fire, ambulance)	
RCMP Complaint Line	403-343-5575
Victim Services	403-406-2345
RCMP Rural Complaint Line	403-343-5591
Women's Emergency Shelter (Red Deer)	403-346-5643
Women's Outreach	403-347-2480
	1-866-347-2480
Crisis Centre	403-340-1124
Mental Health Helpline	1-877-303-2642
AB Employment & Immigration (income support)	403-340-5485
Family Violence Info Line	310-1818
Legal Aid Alberta	403-340-5119

My Safety Plan

Here are some ways to increase the safety of you and your children, whether you are choosing to stay in or leave an abusive relationship.

- Pack a bag with the following items: ID, AB health cards (for you and your children, medications, personal items, including: cash car keys, and important documents for you and your children
- Plan your escape route out of the house; practice this and teach it to your children.
- Open a bank account in your name and start saving money when you can.
- Make up a code word to use with your children, family, friends, and neighbors when you need the police.
- Always try to take your children with you or make arrangements to leave them with someone safe.
- Inform your children's school or daycare about who has permission to pick up your children.
- Have copies of important documents (birth certificates, SIN, immigration papers, current court orders, etc) in a safety deposit box or with a friend.
- Look at options for safety—Women's Shelter, a friend, family, neighbor, motel, etc
- Keep a phone or cell phone in a room you can lock from the inside.
- If you have a vehicle—have an extra set of keys and a full tank of gas..



Domestic Violence Support Workers are part of the Domestic Violence Court Case Coordination Project. They work collaboratively with RCMP, CFSA, and Justice to ensure individuals going through the court system receive needed support.

You **DO NOT** have to be involved with the RCMP or Child and Family Services in order to access support.