

## *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 Authority  
Family and Community Support Services  
Housing and Urban Affairs  
National Homeless Initiative Funds  
Private/ Anonymous Donors  
Solicitor General and Public Security  
Soroptimist International  
and the  
United Way of Central Alberta



#### **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  
e-mail at: outreach@womensoutreach.ca

#### **On the Web at:**

www.womensoutreach.ca

# **IMMIGRANT RURAL OUTREACH SUPPORT**



# IMMIGRANT RURAL OUTREACH SUPPORT:

Our Immigrant Outreach Worker will assist with:

- Supporting women and their families in identifying their needs/concerns
- Accessing support services related to individual needs
- Supporting women and families experiencing the effects of domestic abuse/violence
- Supporting women with legal, housing, financial and health issues
- Supporting individuals leaving the Women's Shelter or People's Place
- Basic need provisions
- Family violence concerns
- Crisis intervention
- Identifying and addressing financial concerns
- Guidance to find medical attention



## NEED CHILD CARE?

Whether you are accessing our programs or services, or you just need a break, the Women's Outreach offers child care for children 19 months to 6 years of age.

**Please call ahead to book space in our daycare: (403) 347-2480**

## Immigrant Rural Outreach Program

This program helps individuals with culturally diverse needs in Red Deer and rural areas. This program will enable immigrant individuals to regain independence and overcome the barriers that prevent them from living a life free of violence.

**To book an appointment please call:  
(403)347-2480  
or toll free at: 1-866-347-2480**

### Legal Support

This service facilitates access to the legal system for those experiencing barriers. Our Rural Outreach Worker offers education, support, court accompaniment, and referrals.

### Housing Support

The Rural Outreach Worker will provide support, information and referrals to individuals and families who are in search of affordable and safe housing. They are available to help identify possible solutions to housing concerns, like: damage deposit, landlords, utilities, and budgeting.



***We are with you every step  
of the way.....***

Our programs and services will provide you with the necessary support to provide you with the tools to assist you in making the best possible decisions for you and your children.

## How is your relationship?

**Are** you frightened by your partner's temper?

**Are** you afraid to disagree?

**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?

**Have** you been slowly isolated from family and friends?

**Has** your partner made you economically dependent on them?

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

**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.**

