



## **Post Shelter Services**

Leaving an abusive relationship is a positive choice for you and your children. The process however, can still be difficult. It can also be difficult to make the transition alone. It is helpful to have the ongoing support of people who are experienced with helping women in abusive relationships. Outreach Workers provide direct support to women currently residing at the Women's Shelter.

We also offer the women the opportunity to participate in the follow-up program which provides them with intensive, ongoing support for up to nine months after leaving the shelter.

**For More Information Call: 403.347.2480**