Emergency Safety Plan Tabel of Contents

Emergency Safety Plan

Name: _____

Date: _____

The following steps represent my plan for increasing my safety and preparing in advance for the possibility for further violence. Although I do not have control over my partner's violence, I do have a choice about how to respond to him/her and how to best get myself and my child(ren) to safer space.

STEP 1: Safety during a violent incident

Partners cannot always avoid violent incidents. To increase safety, the victim may use a variety of strategies.

I can use some of the following strategies:

A. If I decide to leave (or kick them out), I will:

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

(Practice how to get out safely. What doors, windows, elevators, stairwells, or fire escapes would you use?)

B. I can keep my purse and car keys ready and put them (location) to leave quickly.

_____

C. I can tell this person or people about the violence and request that she or he call the police if she or he hears suspicious noises coming from my house. (Name/Phone)
    a. _____
    b. _____
    c. _____
    d. _____
    e. _____

D. If I am unable to speak about what is happening, but require assistance, I can use my safety word to alert these people (listed in C) to activate the safety plan. I can teach my child(ren) this as well. My safe word is:
    _____

E. I can teach my child(ren) how to use the telephone to contact the police, the fire department, and 911.

F. If I must leave my home, I will go to:
    a. _____
    b. _____
    c. _____
    d. _____
    e. _____

    (Decide this even if you don't think there will be a next time. It is also good to have more than one safe place to go just in case.)

G. I can also teach some of these strategies to my child(ren)

H. When I expect we're going to have an argument, I'll try to move to a place that is low risk, such as _____.

    (Try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to an outside door. It may be beneficial to invest in security cameras or nanny cams to record any incidents that may occur. This can be very useful in court.)

I. I will use my judgment and intuition. If the situation is very serious, I can give my partner what he/she wants to calm him/her down. I must protect myself until I/we can make a safe exit/escape.

STEP 2: Safety when preparing to leave

An abused person frequently leaves the residence they share with the abusive partner. Leaving must be done with a carefully planned approach to increase safety. Abusers often strike back when they believe that their partner is leaving a relationship.

I can use some or all of the following strategies:

A. I will leave money and an extra set of keys with _____ so I can leave quickly.

B. I will keep copies of important documents or keys at
   a. _____
   b. _____

C. I will open a savings account by _____, to increase my independence.

D. Other things I can do to increase my independence include:
   a. _____
   b. _____
   c. _____
   d. _____

E. I can keep change for phone calls, always with me. I understand that if I use my telephone credit card, the following month's phone bill will show my abuser those numbers I called after I left. To keep my phone communications confidential, I must either use coins or ask a friend for a phone card for a limited time when I first leave. (If you pay for your own phone plan, be sure to change passwords to avoid your abuser gaining access to your records.)

F. I will check with _____ and _____ to see who can let me stay with them or lend me some money, if needed.

G. I can leave extra clothes or money with _____

H. I will sit down and review my safety plan every _____ to plan the safest way to leave the residence. _____ (domestic violence advocate or friend's name) has agreed to help me review this plan.

I. I will rehearse my escape plan and, as appropriate, practice it with my child(ren).

When planning to leave the residence, an abused person should ensure their plans are only shared with trusted friends and family members who can assist in the relocation process until after they have safely relocated. Informing the perpetrator of plans to leave can lead to:

A. Confrontation – including verbal or physical altercations and enhancing the perpetrators' coercion over the abused person (enhanced security & personal tracking of abused person, gaslighting or love bombing),

B. Fearful Compliance – instilling fear into the abused person by making threats of taking children out of their custody or financial dependence on the perpetrator (how will I be able to afford relocating and costs to live day-to-day) to ensure the abused person does not leave.

<u>Planning to leave</u>

A. Book a transport vehicle (U-Haul, etc.) using cash or ask a friend or family member to book for you (plan to leave on a day the perpetrator will be away),

B. Seek help from friends and family members with gathering boxes, trolleys and other equipment needed to pack and relocate (ask them to hold onto these items until the day you are fleeing),

C. Prepare information sheets for people helping you relocate:

    a. Having a detailed list of items to pack for EACH room will speed up the packing process. Photos are best to ensure helpers have a visual knowledge of what to pack. Ensure sheets have been distributed before packing. Have extra copies for packing (see Figure 1 below),

    b. Assign helpers to designated rooms (ex., Monica in the bathroom, Alex in the kitchen, etc.) as it will ensure helpers can move from one room to the next quickly,

    c. Providing the new physical address to ONLY those who are driving from the current residence to the new residence. This will reduce the number of people who have your physical address,

    d. If the perpetrator returns to the house while packing, continue packing; do not engage unless you ask for the perpetrator's assistance in moving their personal belongings out of the way so helpers can pack. LEAVE 2 helpers behind (if possible) to ensure the perpetrator does not follow you to your new residence,

        i. If you have children together, you have a legal obligation to provide your children's physical address.

Figure 1. Information Sheets for Helpers

Kitchen

- Spice Cupboard: Everything on middle and bottom shelf (LEAVE Top shelf)
- Coffee Pot and utensils (green jar)
- Supplements (all containers, including vitamins and vegetable oil, EXCEPT 4 black protein powders)
- Plant and cage on the windowsill
- Water bottles (all except green with bottle like top)
- Ninja blender, toaster (LEAVE Popcorn maker)



Bathroom

- Brown shelf over toilet (NIVEA face cream SPA cream, 2 deodorants, red toothpaste, electric toothbrush, pink razor. LEAVE everything inside cabinet)
- Herbal Essences shampoo and conditioner (green bottle on side of tub) dove body wash, cetaphil face cleaner
- Pink towel (hanging up)
- Grey shower rug (hanging over side of tub)


STEP 3: Safety in my own residence

There are many ways a person can increase their safety in their own residence. It may be impossible to do everything at once, but safety measures can be added step by step.

Safety measures I can use:

I can change the locks on my doors and windows as soon as possible.
I can replace wooden doors with steel/metal doors.
I can install additional locks, window bars, poles to wedge against doors, etc.
I can install an electronic camera system.
I can purchase rope ladders for escape from second-floor windows.
I can install an outdoor motion-sensing lighting system that activates when a person is near the house.
I can install Alexa or Google Home so I can tell it to call 911 if I am unable to reach my phone.
I will set up the emergency contact system on my phone (most devices these days have settings that let you press a button a set number of times to activate an emergency call to 911, send messages to your emergency contacts with your location and a short video).
Always share your location with close friends and family using Google Maps or a location-sharing app.

A. I will teach my children how to make a collect call to me and to _____ (name of friend, etc.) if my partner takes my child(ren).

B. I will tell the people who take care of my child(ren) which people have permission to pick up my child(ren) and that my partner is not permitted to do so. The people I will inform about pick-up permission include:
   a. _____ (name of school)
   b. _____ (name of babysitter)
   c. _____ (name of teacher)
   d. _____ (name of daycare)
   e. _____ (name of _____)
   f. _____ (name of _____)
   g. _____ (name of _____)
   h. _____ (name of _____)

C. I can inform this list of people that my partner no longer resides with me and that they should call the police if they are observed near my residence. (Name and Relation)

a. _____
b. _____
c. _____

STEP 4: Safety with an Order of Protection

Many victims obey protective orders, but one can never be sure which violent partner will abide by and which will violate protective orders. There are times when you may need to ask the police and the courts to enforce your protective order. On the flip side, you may have conflicting feelings about having one put in place for your own safety. Just think about it this way: would you rather jump out of a plane with a parachute or without one? It is extremely important that you also follow the protective order to maintain it and ensure it stays in place.

The following are some steps I can take to help enforce my protection order:

A. I will keep my protection order at _____ (location). Always keep it on or near your person. If you change purses, that's the first thing that should go in the new purse.
B. I will give my protection order to police departments in the community where I work, in those communities where I visit friends or family, and in the community where I live.

C. There should be a registry of protection orders that all police departments can call to confirm a protection order. I can check to make sure that my order is on the registry. The telephone numbers for the registry of protection orders are:

Location: _____

Phone Number: _____

D. I will inform my employer, my minister, rabbi, etc., my closest friend, and my family that I have a protection order in effect.

E. If my partner destroys my protection order, I can get another copy from the clerk's office.

F. If the police do not help, I can contact an advocate or an attorney and file a complaint with the police chief or the sheriff.

G. If my partner violates the protection order, I will call the police and report the violation.

STEP 5: Safety on the job and in public

Each abused person must decide if, and when, they will tell others that their partner has hurt/abused them and that they may be at continued risk. Friends, family, and co-workers can help to protect them. Each person should carefully consider whom to invite to help ensure their safety.

I can do any or all of the following:

A. I can inform my boss, the security supervisor, and _____ at work.

B. I can ask _____ to help me screen my telephone calls at work.

C. When leaving work, I can
_____
_____
_____
_____

D. If I have a problem while driving home, I can
_____
_____
_____
_____

E. If I use public transit, I can
_____
_____
_____
_____

F. I will go to different grocery stores and shopping malls to conduct my business and shop at hours that are different from those I kept when residing with my abusive partner.

G. I can use a different bank and go at hours that are different from those kept when residing with my abusive partner.

STEP 6: Safety and drug or alcohol use

Most people in this culture use alcohol. Many abuse mood-altering drugs. Much of this is legal, although some is not. The legal outcomes of using illegal drugs can be tough on the victim, may hurt their relationship with their children, and can put them at a disadvantage in other legal actions against their abusive partner. Therefore, we should carefully consider the potential cost of using illegal drugs. Beyond this, the use of alcohol or other drugs can reduce a person's awareness and ability to act quickly to protect themself from the abusive partner.

Furthermore, the use of alcohol or other drugs by the abuser may give them an excuse to use violence. In any case, violence is NEVER okay. Specific safety plans must be made concerning the use of drugs or alcohol.

If drug or alcohol use has occurred in my relationship with my abusive partner, I can enhance my safety by some or all of the following:

A. If I am going to use, I can do so in a safe place and with people who understand the risk of violence and are committed to my safety.

B. If my partner is using, I can

_____
_____
_____

and/or

_____
_____
_____

C. To safeguard my child(ren) I will

_____
_____

_____
_____
_____

STEP 7: Safety and my emotional health

The experience of being abused and verbally degraded by an abusive partner is usually exhausting and emotionally draining. The process of building a new life takes much courage and incredible energy.

To conserve my emotional energy and resources and to avoid hard emotional times, I can do some of the following:

A. If I feel down and am returning to a potentially abusive situation, I can
_____
_____
_____
_____
_____

B. When I have to communicate with my partner in person or by telephone, I can
_____
_____
_____
_____
_____

C. I will try to use “I can ...” statements with myself and be assertive with others.

D. I can tell myself, “_____”
whenever I feel others are trying to control or abuse me.

E. I can read _____ to help me feel stronger.

F. I can call _____ and _____ for support.

G. I can attend workshops and support groups at the domestic violence program to gain support and strengthen relationships.

STEP 8: Items to take when leaving

When victims leave partners, it is essential to take certain items. Beyond this, a victim sometimes gives an extra copy of papers and an extra set of clothing to a friend just in case they must leave quickly. For example, money: Even if I never worked, I CAN take money from jointly held savings and checking accounts. If I do not take this money, the abuser can legally take the money and close the accounts. Items on the following lists are the most important to take with you. If there is time, the other items might be taken or stored outside the home. These items should be placed in one location, so that if we must leave in a hurry, I can grab them quickly.

When I leave, I should take:

PRIORITY:

Identification for myself (driver's license, status card, SIN card, healthcare card, etc.)
Mine and my Child(ren's) birth certificate(s)
School and vaccination records
Money
Checkbook, ATM card(s), Credit cards
Key - house, car, office
Vehicle insurance and registration
Medications
Copy of protection order
Welfare identification, work permits, green cards, Passport(s)
Divorce papers
Medical records - for all family members
Lease/rental agreement, house deed, mortgage payment book
Address book

IF I HAVE TIME

Pictures, jewelry
Children's favourite toys and/or blankets
Items of special sentimental value
Clothing and Toiletries

Telephone numbers I need to know:

Police Department (local) 911 or	
Police Department (work)	
Police Department (school)	
Prosecutor's Office	
Domestic Violence Program (local)	
National Domestic Violence Hotline	800-799-SAFE (7233) or 800-787-3224 (TTY)
Registry of Protection Orders	
Work	
Supervisors Personal	
Emergency Contact _____	
Emergency Contact _____	

I will keep this document in a safe place and out of the reach of my abuser.

Review date: _____

Review date: _____

Review date: _____

Review date: _____

Review date: _____

RESOURCES

Financial Resources

1. Escaping Abusive Relationship Benefit (Income Support)
    - Phone: 1-877-644-9992
    - Application Online

2. Emergency Financial Assistance (Alberta Supports Contact Centre)
    - Phone: 1-866-644-5135
    - Other Emergency Supports: 1-877-664-9992

3. Victim Assistance Program (Application)
    - Phone: 780-427-7217
    - Email: victimsofcrime@gov.ab.ca
    - Application (Print, fill out and return via email, mail or fax)

Housing & Shelter Resources

1. Cívida (Capital Region Housing Corporation)
    - Phone: 780-420-6161
    - Application Online

2. Housing Foundations in Surrounding Communities
    - Leduc Regional Housing Foundation
    - Meridian Housing Foundation (Spruce Grove)
    - St. Albert Housing Society
    - Heartland Housing Foundation (Sherwood Park)

3. Housing Supports for Gender-Based Violence
    - Phone: 780-420-6161 (Red Deer and North)
    - Email: help@Cívida.ca

4. Alberta Council of Women's Shelters
    - Phone: 780-456-7000
    - Toll-free phone: 1-866-331-3933
    - Call 211
    - There are numerous women's shelters across the province offering emergency housing, crisis support, and longer-term housing solutions for women and children fleeing domestic violence.
    - Find a Shelter: You can search for shelters by region through the Alberta Council of Women's Shelters (ACWS) website or by calling **211** (the provincial helpline).

- **Safe Houses**: In addition to shelters, there are safe houses that provide temporary accommodation in a secure, confidential location.

5. WIN House (Women's Shelter)
    - Phone: 780-471-6709
    - Email: info@winhouse.org

Indigenous Resources

1. Awo Taan Healing Lodge Society
    - Phone: 1-403-531-1970 (Calgary)
    - Email: awotaan@awotaan.org
    - Awo Taan Healing lodge Society was established in 1992 as a not-for-profit organization committed to providing services and programs to women and children from all cultures who have suffered from family violence. We provide a broad continuum of support services guided by Aboriginal teachings, including prevention, intervention, and healing.

2. The Native Women's Association of Canada
    - Phone: 1-613-707-7716 (Quebec)
    - Email: reception@nwac.ca
    - The Native Women's Association of Canada (NWAC) is a national Indigenous organization that defends the rights, delivers programming to, and amplifies the perspectives of Indigenous women, girls, Two-Spirit, transgender, and gender-diverse people in Canada. NWAC works on a variety of issues, including: Employment, labour and business, health, violence prevention and safety, justice and human rights, environment, early learning childcare, and international affairs.

3. NiGiNan Housing Venture
    - WEBSITE: https://www.niginan.ca/
    - Email: info@niginan.ca
    - Phone: 1-587-686-7788
    - NiGiNan Housing Ventures is an Indigenous-led, registered charity serving individuals with complex medical and social needs who are often described as the 'hardest to house'.

4. Bent Arrow Traditional Healing Society
    - Website: https://bentarrow.ca/programs-and-services/
    - Transition to success, youth services, Family & Senior Services, Edmonton resources, housing.

5. Jordan's Principle
    - Call center (24/7): 1-855-572-4453
    - Website: https://www.sac-isc.gc.ca/eng/1568396296543/1582657596387#sec2

6. Aboriginal Counselling Services of Alberta
    - Circle of Safety Family Violence Program
    - Supporting Children Resilience
    - Email: info@aboriginalcounseling.com
    - Address: #204, 10010 105 St NW, Edmonton, AB T5J 1C4
    - Tel: (780) 242-4357

Counselling Resources

1. Access 24/7
    - Access service providers for addiction and mental health programs, crisis intervention, referrals, consultations, outreach etc.
    - 780-424-2424

2. YWCA
    - Subsidized counselling services / Domestic Violence Support Group
    - Address: 10402 124 ST NW, Edmonton, AB, T5N 1R5
    - Phone: 780-423-9922
    - Email: info@ywcaedm.org

3. Canadian Mental Health Association (CMHA Edmonton)
    - Phone: 780-414-6300 (8:30 am-4:30 pm)
    - Phone: 780-482-4357 (24-Hour Distress Line)
    - Address: 300-10010 105 ST NW Edmonton, AB, T5J 1C4

4. Casa Mental Health
    - Email: info@casaservices.org
    - CASA House (adolescent mental health) 780-410-8181
    - Fort Road (Education, Family Therapy) 780-410-8180
    - CASA Centre (trauma-informed programs) 780-400-2271
    - CASA West (Admin support) 780-400-2274
    - Downtown (support teams) 780-400-2270

5. Momentum Counselling
    - Phone: 780-757-0900
    - Email: info@momentumcounseling.org
    - 6325 Gateway BLVD, unit #132, Edmonton, AB

i. Anxiety & Depression Series, Healthy Living with Bipolar, Emotional Regulation Series, Grief & Loss, Healing Trauma Group, Empowering Teens, Women's Wellness & ADHD support group

Victim Services

1. Alberta- Restitution Recovery Program
   10365 97th Street, 10th floor, J.E. Brownlee Building
   Edmonton, AB T5J 3W7
   Phone: 780-427-7217
   Email: restitution@gov.ab.ca
   (Assists with collecting unpaid portions of an order for restitution granted by court)

2. Alberta- Victim of Crime Assistance Program
   10365 97th Street, 10th floor, J.E. Brownlee Building
   Edmonton, AB T5J 3W7
   Phone: 780-427-7217
   Email: victimsofcrime@gov.ab.ca
   (Provides resources to help victims recover from serious crimes)

3. Edmonton Police – Crime & Trauma Informed Support Services
   9620 103A ave, Edmonton AB, T5H 0H7
   Phone: 780-421-2217
   Email: CTSS@edmontonpolice.ca

4. Leduc & District Victim Services
   4119 50th Street, Leduc Alberta, T9E 7L9
   Phone: 780-980-7232
   Website: www.leducvictimservices.ca

5. SAFFRON CENTRE
   222 Athabascan Ave, 110
   Sherwood Park, T8A 4C9
   Phone: 780-449-0900
   Email: info@saffroncentre.com
   Website: www.saffroncentre.com

6. Sexual Assault Centre of Edmonton
   300- 10339 124 st NW, Edmonton AB, T5N 3W1
   Phone: 780-423-4102

Crisis Line: 780-423-4121
Email: info@sace.ca

7. St.Albert Victim Services
   96 Bellerose Drive, St.Albert AB, T8N 7A4
   Phone: 780-458-4353
   Email: information@stalbertvictimservices.ca

8. Strathcona Victim Services
   911 Bison Way, Sherwood Park, AB, T8H 1S9
   Phone: 780-449-0153
   Website: www.strathcona.ca/community-families/well-being-and-mental-health/victim-services/

9. Victim Services Society of Stony Plain, Spruce Grove & District
   4601 44th Ave, Stony Plain Alberta, T7Z 1W9
   Phone: 780-968-7272
   Crisis Line 1-825-220-2055
   Email: stonyplainvsu@gmail.com

10. Victims of Homicide Edmonton Support Society
    11113 113 ST, Edmonton AB, T5G 2V1
    Phone: 780-915-0060
    Email: victimsofhomicideedm@gmail.com
    (Offering emotional support and information about surviving the loss of a loved one)

11. Zebra Child & Youth Advocacy Centre
    10909 Jasper Ave, Edmonton AB, T5J 3L9
    Phone: 780-421-2385
    Email: info@zebracentre.ca
    (Collaborative Approach to child abuse investigation, multidisciplinary team of law enforcement, CPS, prosecutors, mental health, medical professionals, community volunteers, helping throughout investigation, prosecution and healing process).

Domestic Violence Resources

1. Legal Aid Alberta
   - You can apply for legal aid by calling 1-866-845-3425 or visiting the Legal Aid Alberta website.

- Legal Aid provides free legal assistance to individuals who cannot afford to hire a lawyer. Services offered include:
    i. **Legal representation** in family law matters like divorce, child custody, and protection orders.
    ii. **Legal advice** for navigating the legal system.
    iii. **Family law services** specifically for victims of domestic violence.

2. **211 Alberta** is a free, confidential, and accessible helpline available 24/7 that connects people with a range of social, health, and community services, including domestic violence support. The service can provide:
    - Referrals to shelters and housing programs.
    - Access to financial and legal assistance.
    - Connection to mental health counselling services.
    - Contact information for support groups.

3. Encompass (Former Edmonton John Howard Society)
    - Phone: 780-428-7590
    - Address: 401, 10010-105 ST Edmonton, AB T5J 1C4
    - Email: mail@johnhoward.org
    - Family Violence Prevention Centre, Drug Treatment Court, Counselling

4. Elizabeth Fry Society (Women Only)
    - Phone: 780-421-1175
    - Toll-free phone: 1-866-421-1175
    - Emergency Shelter, Employment Services, Financial Services, Youth programs, housing programs, Indigenous women, legal advice for survivors of sexual violence, record suspension program

5. The Today Family Violence Help Centre
    - 17724-102 ave Edmonton AB, T5S 1H5
    - Phone: 780-455-6880
    - Email: info@thetodaycentre.ca
    - Website: www.todaycentre.ca
    - (To assist those victimized by family violence to access free confidential, emotional and practical support)

Court Support – Child Abuse

6. Urban Bulldogs Against Kids Abuse (UBAKA)
    - Provides criminal court support to kids who have experienced child abuse and must testify against their perpetrator (Ages 0-17)
    - Website: www.ubaka.ca
    - Email: ubaka.canada.national@gmail.com
    - Edmonton, Blackfalds & Calgary Chapters

Employment Resources

1. Lives in Transition
    - Phone: 780-496-9224
    - **Trauma-Informed & Compassionate Programs for Women**
      We are dedicated to empowering women who have experienced domestic abuse. Through employment placement services and holistic physical and mental health supports, we help women overcome any obstacles and thrive.
2. Gateway Association
    - Website: https://gatewayassociation.ca/
    - Phone: 780-454-0701
    - Transformation of Community Through the Lens of Disability
    - Mentors, Employment Resources & Employer Support

Pregnancy Resources

1. Basically Babies
    - Provides a complete Lafayette of babies' clothing for the first year
    - Address: 14839 118Ave NW, Edmonton, AB, T5L 2M7
    - Phone: 780-989-0180

3. Health for Two Program
    - Email: HealthForTwo@ahs.ca
    - Phone: 780-342-2872 (Program Coordinator)
    - Health For Two Network (Hf2NET) is an in-person service for pregnant people who need extra support to have a healthy pregnancy.
    - This program provides free services that support throughout pregnancy and up to 2 months postpartum to people who require extra support to have a healthy pregnancy.
    - Services offered include:
        i. education on pregnancy, birth, baby care and parenting (including pregnancy and parenting options)
        ii. support and referrals to community supports (such as maternity care, mental health, addictions, housing, food security)
        iii. resources may include grocery coupons, bus tickets and prenatal vitamins

4. Parkland Pregnancy Support Center
    - Phone: 780-962-5505
    - Hours of Operation: Tuesday & Thursday from 9 AM to 3 PM
    - 15B Alberta Ave, Spruce Grove, AB

Food Resources

1. WECAN Food Basket Society (Food Orders)
    - Address: Jerry Forbes Center, 12122 68 ST NW, Edmonton, AB, T5B 1R1
    - Phone: 780-413-4525
        i. 1 Year Membership $5/year
        ii. Meat Basket $20/month
        iii. Produce Basket $15/month

2. Edmonton Food Bank
    - Phone: 780-425-4190
    - Online Food Hamper Orders Online

Additional Resources

1. Leisure Access Program (LAP) Pass
    - Pick up & drop off forms at any Recreation Facility in Edmonton

2. Adeara (Faith-based addiction recovery out of drug abuse, crime and trauma)
    - Phone: 780-423-5516

3. Giving to Charity (Mattress Program)
    - Email: Donate@giving2charity.org
    - Phone: 780-616-5109
    - Website: (Request) https://www.giving2charity.org/essential-mattress-program

4. Just Us Girls
    - Just-us Girls is a community-based initiative aimed at helping young women, trans feminine youth, and young moms, ages 12-24, including their children.

      We support youth and young moms develop plans to keep themselves and their family safe. If the young person is subject to a Child and Family Services' Court Application, involved in child protection, and/or the youth has been charged with a Youth Criminal Court Matter we support her in developing a plan to address the court's concerns. A Just-Us Girls mentor will encourage and assist her in carrying out her plan.

      We are a volunteer-based group of women and trans feminine people who have come together to deliver meaningful support services. Over the years we have developed an effective process that provides encouragement, guidance, and support to young women with or without children, helping them navigate through the overwhelming justice system.

5. The Family Center
    - Organizational Training & Development (training sessions, practical skill development & Indigenous Teachings)
    - Mental Health Services (Postpartum & Partner Postpartum Therapy Group, Mens & Women's Healthy Relationship Groups, Anxiety Therapy Group, Grieving through art work group & Depression therapy.
      - Parenting Classes
      - Building Self-Esteem
      - Healthy Boundaries & Communication
      - Anger Management (court-approved)
      - The Rainbow Pages - Youth Resources Guide
      - Transgender supports
      - Health
      - website: https://www.therainbowpages.ca/