

A stylized illustration of a hand reaching upwards, with the hand and forearm in white and the sleeve in dark red. The background is a solid red color.

YORK REGION GENDER-BASED VIOLENCE RESOURCE GUIDE

INTRODUCTION

This Guide includes a directory of some of the agencies in York Region which offer support to women and children experiencing abuse and violence.

By reading this guide, you are taking an important step in surviving abuse and violence which is to reach out for help. Contact any one of these agencies and you will receive guidance to coordinate your next best step.

In this Guide you will see the terms “abuse” and “violence” used. This is in recognition of the broad range of harmful behaviours which may be inflicted upon a person by an abuser.

In this Guide you will see the terms “victim” and “survivor” used. This is because “victim” is the legal term used by the justice system but community agencies recognize that you are in fact a “survivor”.

TABLE OF CONTENTS

1	Understanding Gender-Based Violence	4
2	Healthy Relationships	5
3	Intimate Partner Violence	6
4	Cycle of Abuse	7
5	Power & Control	8
6	Breaking Down Consent	9
7	Sexual Violence	10
8	Sexual Assault Support	11
9	Cyber Violence Against Women & Girls	12 - 13
10	Sex Trafficking	14 - 15
11	Violence Against Women Supports & Resources in York Region: Directory	16 - 26
12	Safety Planning	27 - 28

Gender-based violence (GBV) involves the use and abuse of power and control over another person and is perpetrated against someone based on their gender identity, gender expression or perceived gender. Violence against women and girls is one form of gender-based violence.

VIOLENCE AGAINST WOMEN

The United Nations defines violence against women as “any act of gender-based violence that results in, or is likely to result in, physical, sexual, emotional, spiritual or mental harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life.”

FORMS OF VIOLENCE



Physical



Sexual



Psychological

50% OF CANADIAN WOMEN have experienced physical or sexual violence once since the age of 16.



THE IMPACT ON CHILDREN

It is estimated that every year up to 362,000 Canadian children witness or experience family violence.

Children who witness violence in the home have twice the rate of psychiatric disorders as children from non-violent homes.

Research shows that children who witness violence are more likely to grow up to become victims or abusers.

IN AN EMERGENCY

CALL 9-1-1



If you have concerns for the safety or well being of a child call:

**YORK REGION CHILDREN'S AID
SOCIETY - 24 / 7
905-895-2318 | 1-800-718-3850**

**DNAAGDAWENMAG
BINNOOJIIYAG CHILD
AND FAMILY SERVICES
1-844-523-2237**

WHAT TYPE OF RELATIONSHIP ARE YOU?

Open communication
Trust
Honesty
Respect opinions

Breakdown in communication
Pressure
Dishonesty
Inconsiderate behaviour

Threats
Accusations
Blaming
Isolation
Pressure
Manipulation
Shouting
Physical violence

Healthy Relationship

- Relationships based on equality and respect
 - Make decisions together
 - Openly discuss challenges
- Enjoy spending time together or apart

Unhealthy Relationship

- When attempts are made to control the other person
- One tries to make most of the decisions
- One person pressures their partner about sex
- Does not see how their actions can be hurtful
- Pressure to spend time only with your partner

Abusive Relationship

- Relationships are based on power and control
- One person makes all of the decisions about sexual choices, friends, and boundaries
 - Made to spend all free time together
- Playing mind games by making you feel guilty or crazy
 - Afraid to talk about what is really happening in the relationship
- Living in fear because of threats or acts of physical violence
 - Having things destroyed

This tool was developed by York Region Community & Health Services, Public Health and adapted with permission from loveisrespect.org

RELATIONSHIP QUIZ

IN YOUR CURRENT RELATIONSHIP HAVE YOU:

- YES/NO** Been threatened, yelled at or had your personal belongings destroyed?
- YES/NO** Felt bad about yourself because of your partner's put downs and name calling?
- YES/NO** Been kept away from your family and friends?
- YES/NO** Been blamed for your partner's abusive behaviour?
- YES/NO** Had your partner ever minimize or deny their abusive behaviour?
- YES/NO** Had your partner either use your children to manipulate you or threaten to take them away?
- YES/NO** Been bossed around, given orders or had decisions made for you by your partner?
- YES/NO** Had your finances controlled by your partner, or prevented from getting a job?
- YES/NO** Had your partner threaten to hurt you, leave you or attempt suicide?

If you answered yes to any of these questions, you may be in an abusive relationship.

This quiz was developed by Community & Health Services of York Region and adapted from Domestic Abuse Intervention Project www.duluth-model.org

INTIMATE PARTNER VIOLENCE

Intimate partner violence refers to behaviour by an intimate partner or ex-partner that causes physical, sexual or psychological harm, including physical aggression, sexual coercion, psychological abuse and controlling behaviours.

If you or anyone you know is a victim of abuse call

9-1-1 FOR EMERGENCIES

or the numbers below for support:

Assaulted Women's Helpline:

1-866-863-0511 • TTY 1-866-863-7868 • Text #SAFE (#7233)

Community Crisis Response Service: 1-855-310-COPE (2673)

**The Domestic Abuse and Sexual Assault Care Centre
(DASA) 1-800-521-6004**

Victim Services of York Region 905-953-5363

Women's Support Network 1-800-263-6734

Yellow Brick House 1-800-263-3247



6

Intimate partner violence tends to take on cyclical patterns of behaviour. Understanding the dimensions of this cycle can be helpful in recognizing violence against women and challenging the manipulation that underpins the "honeymoon" stage

Victim Response:

- Attempts to calm him/her
- Nurturing
- Silent/Talkative
- Stays away from family, friends
- Keeps kids quiet
- Agrees
- Withdraws
- Tries to reason
- Cooks his/her favourite dinner
- General feeling of "walking on eggshells"

CYCLE OF ABUSE

TENSION BUILDING

Abuser: Moody, Nitpicking, Isolates, Withdraws affection, Put downs, Yelling, Drinking/Drugs, Threatens, Destroys property, Criticizes, Sullen, Crazy-making

DENIAL

HONEYMOON

Abuser: "I'm Sorry", Begg forgiveness, Promises to get counselling, Goes to Church, AA, Sends flowers, Brings presents, "I'll never do it again", Wants to make love, Declares love, Enlists family support, Cries

ACUTE EXPLOSION

Abuser: Rape, Beating, Hitting, Choking, Humiliation, Imprisonment, Use of weapons,

Victim Response:

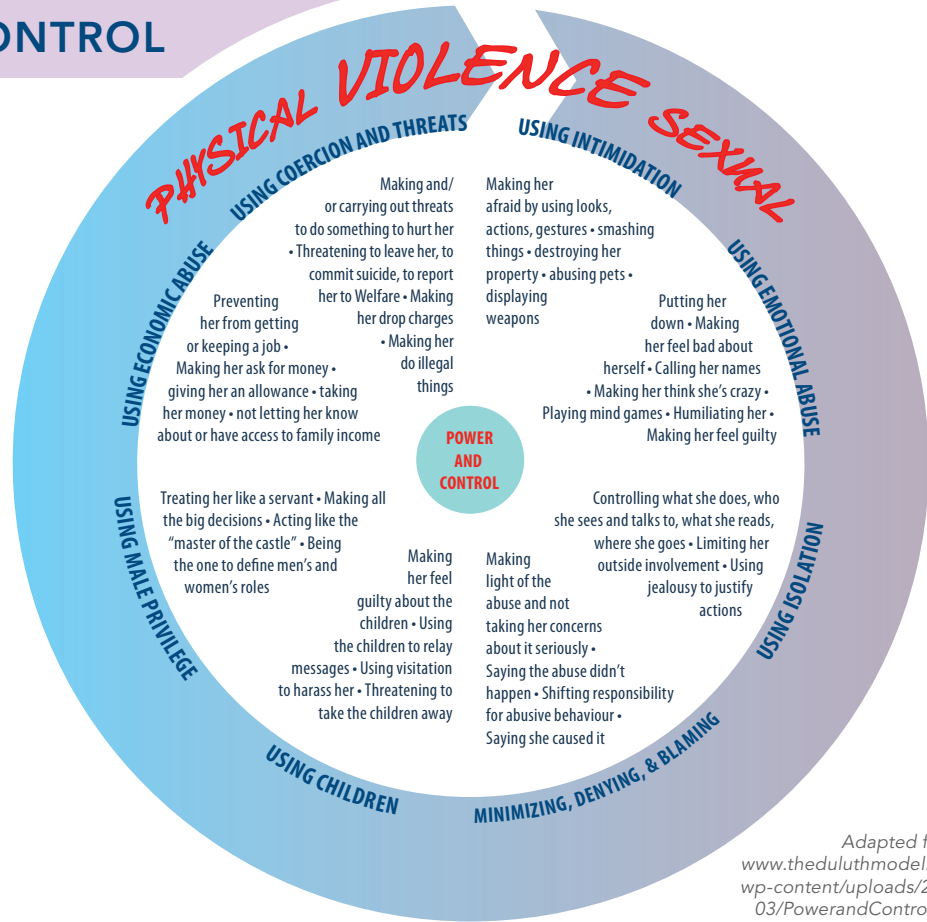
- Protects herself any way she can
- Police called by him/her/kids/neighbour
- Tries to calm abuser
 - Tries to reason with abuser
 - Leaves
- Fights back

Victim Response:

- Agrees to stay, returns, or takes abuser back
- Attempts to stop legal proceedings
- Sets up counselling appointments for abuser
- Feels happy, hopeful

POWER & CONTROL

Violence is about power and control. It is the intentional and systematic use of tactics to establish and maintain power and control over the thoughts, beliefs and conduct of a woman. The Power and Control Wheel can give you an idea of tactics that include, but are not limited to the following:



BREAKING DOWN CONSENT

CONSENT IS ONGOING

Both partners should keep giving and looking for consent. Just because you've given consent to an act before, doesn't mean it becomes a "given" every time. This idea also relates to new relationships — just because you've given consent to something in a different relationship doesn't make it "automatic" moving into a new relationship.

CONSENT IS NOT A FREE PASS

Saying yes to one act doesn't mean you have to consent to other acts. Each act requires its own consent. For example, saying yes to oral sex doesn't automatically mean you're saying yes to intercourse.

YOUR RELATIONSHIP STATUS DOES NOT MAKE CONSENT AUTOMATIC

If you're married to someone, friends with someone, or dating someone, it doesn't mean they 'own' your consent by default, or that you own theirs. Consent can also be taken back at any time — even if you're in the midst of something and feeling uncomfortable, you always have the right to stop at any time.

IT'S NOT CONSENT IF YOU'RE AFRAID TO SAY NO

It's not consent if you're being manipulated, pressured, or threatened to say yes in any way. It's also not consent if you or a partner is unable to legitimately give consent, which includes being asleep, unconscious, under the influence of drugs or alcohol or not able to understand what you're saying yes to.

THERE'S NO SUCH THING AS IMPLIED CONSENT

The absence of a "no" does not mean a "yes." What you or a partner chooses to wear or not wear doesn't mean that you or they are inviting unwanted sexual attention or "pre-consenting." The same can be said for flirting, talking, showing interest or any other similar actions.

NON-CONSENT MEANS STOP

If anyone involved isn't consenting, then what is happening is rape, sexual assault and/or abuse.

SEXUAL VIOLENCE

SEXUAL VIOLENCE is any sexual act, attempt to obtain a sexual act, unwanted sexual comments or advances against a person's sexuality, using coercion, by any person regardless of their relationship to the victim, in any setting.



SEXUAL ASSAULT SUPPORT

WOMEN'S SUPPORT NETWORK

Sexual Violence Crisis Centre in York Region

24/7 Confidential Crisis Line

1-800-263-6734

If you have been sexually assaulted,
for health and medical support
consider contacting:

THE DOMESTIC ABUSE AND
SEXUAL ASSAULT CARE CENTRE (DASA)
905-883-1212 ext. 0 - page DASA nurse

SEXUAL VIOLENCE

Sexually violent acts can happen in different places and times. Including these examples:



Rape (within marriage and relationships, by strangers, by relatives and other close acquaintances)



Unwanted sexual advances, sexual harassment, and demanding sex in return of favours



Sexual abuse of children



Forced marriage or cohabitation including child marriage

CONFIDENTIAL & FREE CRISIS LINES IN YORK REGION

Fem'Aide VAM Francophone 24/7 Crisis Line
1-877-Fem-aide (336-2433) ATS: 1-866-860-7082

Sandgate Women's Shelter of York Region Inc.
1-800-661-8294

Yellow Brick House 24/7
Crisis Support Services 1-800-263-3247

Victim Services of York Region
905-953-5363

York Support Services Network
24/7 Community Crisis Response 1-855-310-2673

CYBER VIOLENCE AGAINST WOMEN & GIRLS

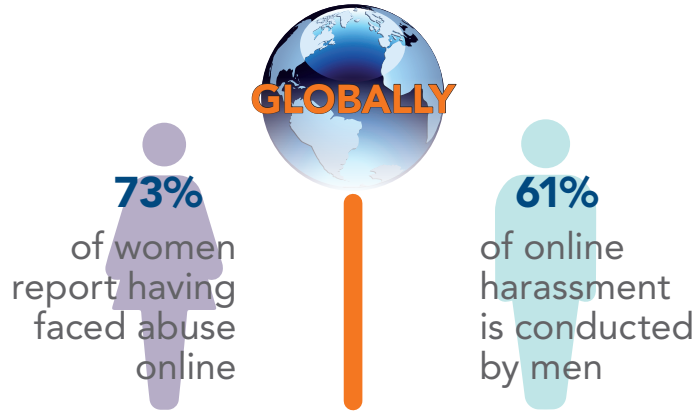
CYBER - VAWG

The rapid growth and reach of the internet including social media and dating apps are becoming tools to inflict harm on women and girls. Cyber-VAWG is emerging as a global problem with serious implications for societies and people around the world.

According to the United Nations Violence Against Women Learning Network, there are six broad categories that encompass forms of cyber-VAWG:

- 1 Hacking**
- 2 Impersonation**
- 3 Surveillance/Tracking**
- 4 Harassment/Spamming**
- 5 Recruitment**
- 6 Malicious Distribution (posting and/or threatening to post "revenge porn", nude photographs or "sexts")**

CYBER VIOLENCE AGAINST WOMEN & GIRLS



Statistics and information adapted from Cyber Violence Against Women & Girls: A REPORT BY THE UN BROADBAND COMMISSION FOR DIGITAL DEVELOPMENT WORKING GROUP ON BROADBAND AND GENDER & YORK REGION POLICE.

If you or someone you know is experiencing online abuse and needs support you can call:

YORK REGIONAL POLICE

1-866-876-5423

KIDS HELP PHONE

1-800-668-6868

ASSAULTED WOMEN'S HELPLINE

1-866-863-0511 TTY & toll free 1-866-863-7868

Text #SAFE (#7233)

TIPS FOR DEALING WITH ONLINE ABUSE

STOP

Do not respond to the behaviour.

SAVE

Don't delete the message. Keep a record of what's happening.

BLOCK

Block the sender's phone number or email address. If you don't know how, Google instructions.

TELL

It's important you tell someone you trust. If you are being threatened, you should call the police.

SEX TRAFFICKING is the exploitation, manipulation or control of a person by violence or threats of violence to provide a sexual service or forced labour.

ARE YOU A VICTIM OF SEX TRAFFICKING CHECKLIST

- Have you met someone who promises to protect and care for you?
- Has this person told you about an easy way to make money, making it sound safe and glamorous while assuring you that you won't have to do anything you don't want to do?
- Have things begun to change?
- Is this person trying to control you by limiting where you go and who to see?
- Are you being forced to trade sex for money, food, drugs or a place to stay?
- Are you being forced to pay protection money or provide a certain number of sexual services to strangers per day?
- Are you being emotionally, physically and sexually abused, sold or traded for drug debt or money?

Victims sometimes come to believe that no one, not even the police can help them. If you are a victim, know that you have a right to be safe and respected. There are organizations that provide the supports and resources in York Region that can help.

This checklist was adapted from York Regional Police.

SEX TRAFFICKING

GLOBALLY 4.5 MILLION

of the estimated 21 million people
in forced labour are victims of
sexual exploitation...



...98% of them are female



Do you or anyone you know need support?

BridgeNorth www.brigenorth.org 905-895-9065

Domestic Abuse and Sexual Assault Care Centre (DASA) 905-883-1212 ext. 0 - page DASA nurse

Victim Services of York Region 905-953-5363

Women's Support Network of York Region 24/7 Human Trafficking Helpline 905-758-5285

York Regional Police 1-866-876-5423

VIOLENCE AGAINST WOMEN

SUPPORTS & RESOURCES

in York Region: Directory

Sexual Violence Support

Support Groups

Counselling Services

Child & Youth Supports

Crisis & Support Services

LGBTTO Supports

Shelters

Legal Services

Health Services



SEXUAL VIOLENCE SUPPORTS

Assaulted Women's Helpline - 24/7 hotline
1-866-863-0511 | TTY 1-866-863-7868

The Domestic Abuse and Sexual Assault Care Centre
(DASA) - **905-883-1212 ext. 0** - page DASA nurse

Toronto Rape Crisis Center - 24/7 Help Line
416-597-8808 or TTY **416-597-1214**

Victim Services of York Region
905-953-5363

Women's Support Network - Human Trafficking
24/7 Help Line **905-758-5285**

Women's Support Network - Sexual Violence
24/7 Help Line **1-800-263-6734**

York Region Centre for Community Safety
1-905-836-7601 ext. 100

York Regional Police
Toll free **1-866-876-5423**



Addiction Services of York Region
1-800-263-2288

Canadian Mental Health Association
905-841-3977

Catholic Community Services of York Region
**Sliding scale fees for counselling services*
905-770-7040

Cedar Center
1-800-263-2240

Colibri
1-877-797-2060

The Domestic Abuse and Sexual Assault Care
Centre (DASA) - **1-800-521-6004**

Family Services of York Region
**Sliding scale fees for counselling services*
905-895-2371 | 1-888-223-3999

Jewish Family & Child Services
**Sliding scale fees for counselling services*
905-303-5838 | 416-638-7800

OASIS
Tél: 416-591-6565

Ontario's 24/7 Mental Health Helpline
1-866-531-2600


Rose of Sharon
Services for Young Mothers
905-853-5514 | 1-877-516-3715

Sandgate Women's Shelter of York Region Inc.
1-800-661-8294

Women's Centre of York Region
905-853-9270 | 1-855-853-9270

Yellow Brick House
Community Counselling and Support Services
1-877-222-8438

CRISIS & SUPPORT SERVICES



Fem'Aide VAM Francophone Crisis Line
1-877-Fem-aide (336-2433)

ATS: **1-866-860-7082**

Ontario's Assaulted Women's 24/7 Helpline
1-866-863-0511

Sandgate Women's Shelter of York Region Inc.
1-800-661-8294

Victim Services of York Region
905-953-5363

Women's Support Network 24/7 Crisis Line
1-800-263-6734

Yellow Brick House 24/7 Crisis Line
1-800-263-3247

York Support Services Network 24/7 Community Crisis
Response - **1-855-310-COPE (2673)**

360°kids for Kids & Youth 16-25
905-475-6694

Francophone La Maison
Adm. 647-777-6433

Abuse Hurts for clothing and household items
when moving out of shelters **1-905-727-4357**

Sandgate Women's Shelter of York Region Inc.
1-800-661-8294

Belinda's Place for Single & Homeless Women
1-289-366-HOPE (4673)

Sutton Youth Services
905-722-9076

Blue Door Shelters for
Women, Children & Men
1-888-554-5525

Yellow Brick House
for Women & Children/Dependants
1-800-263-3247

HEALTH SERVICES

AIDS Committee of York Region
905-884-0613 | 1-800-243-7717

The Domestic Abuse and Sexual Assault Care
Centre (DASA) - **905-883-1212 ext. 0**
- page DASA nurse

Vaughan Community Health Centre
905-303-8490

York Region Public Health
1-800-361-5653 | TTY: 1-866-512-6228

York Region Health Connection
1-800-361-5653 | TTY: 1-866-512-6228
www.york.ca/nursechat
(Chat live with a registered nurse)

Markham Stouffville Hospital
Markham: **905-472-7000**
TTY: **905-472-7585**
Uxbridge: **905-852-9771**
Crisis Pregnancy Centre: **905-472-4357**

SUPPORT GROUPS

AIDS Committee of York Region
905-884-0613 | 1-800-243-7717

Family Services York Region
905-895-2371 | 1-888-223-3999

Jewish Family & Child Services
905-303-5838 | 416-638-7800


Sandgate Women's Shelter of York Region Inc.
1-800-661-8294

Women's Centre of York Region
905-853-9270 | 1-855-853-9270

Yellow Brick House
Community Counselling and Support Services
1-877-222-8438



CHILD & YOUTH SUPPORT



360°kids for Kids & Youth 16-25
905-475-6694

Blue Door Shelters for
Women, Children & Men
1-888-554-5525

Cedar Center
1-800-263-2240

Dnaagdawenmag Binnoojiiyag Child &
Family Services **1-844-253-2237**

The Domestic Abuse and Sexual Assault
Care Centre (DASA) - **905-883-1212 ext. 0**
- page DASA nurse

Kids Help Phone - 24/7 Help Line
1-800-668-6868

Family Services of York Region
**Sliding scale fees for counselling services*
905-895-2371 | 1-888-223-3999

Jewish Family & Child Services
**Sliding scale fees for counselling services*
905-303-5838 | 416-638-7800

Rose of Sharon
Services for Young Mothers
905-853-5514 | 1-877-516-3715

My House Rainbow - Meeting Spaces
905-884-0613

PFLAG York Region
Anonymous Support Line
1-866-YR-PFLAG (977-3524)

Sandgate Women's Shelter of York Region Inc.
1-800-661-8294

Sutton Youth Services
905-722-9076


Women's Centre of York Region
905-853-9270 | 1-855-853-9270

Yellow Brick House Child Witness Program
Mothers in Mind, Child Counselling Program
1-877-222-8438

York Hills Child & Family Centre
1-866-536-7608

York Region Health Connection
1-800-361-5653 | TTY: 1-866-512-6228
www.york.ca/nursechat
(Chat live with a registered nurse)

York Region Children's Aid Society
1-800-718-3850 | 905-895-2318



York Rainbow Network
and York Rainbow
Information Support Line
1-888-York-LGBT
(1-888-967-5542)

AIDS Committee of York Region
905-884-0613 | 1-800-243-7717

Family Services York Region
905-895-2371 | 1-888-223-3999

LEGAL SUPPORTS

Addiction Services York Region (ASYR)
Court Support Program
905-505-5511 CMHA

Barbra Schlifer Commemorative Clinic
Located in Downtown Toronto
416-323-9149

Blue Hills Child & Family Centre Family Law
Information Centre
905-853-4816

Canadian Mental Health Association York &
South Simcoe Mental Health Justice Program
1-866-345-0183

Community Legal Clinic of York Region
1-888-365-5226

Community Legal Education Ontario
www.cleo.on.ca

John Howard Society of York Region
905-895-9943

Legal Aid Ontario
Toll Free 1-800-668-8258

South Asian Legal Clinic of Ontario (SALCO)
Located in North York
416-487-6371

Toronto Rape Crisis Center - 24/7 Help Line
416-597-8808 or TTY 416-597-1214

Victim/Witness Assistance Program
Newmarket Courthouse
1-855-245-1600

Yellow Brick House
Family Court Support Worker
1-877-222-8438

SERVICES FOR ABORIGINAL SURVIVORS OF VAW

Aboriginal Legal Services Toronto

416-408-3967

415 Yonge St., Suite 803
aboriginallegal.ca
alst@web.ca

- Community legal clinic deals primarily with landlord and tenant issues, OW, ODSP and SPPD, human rights and police complaints
- Aboriginal Court Worker program provides support to those appearing in court
- Family and youth court workers are located at 311 Jarvis St.
- Youth Healing Circles for victims 16 to 25



Anduhyaun (Native Women's Shelter)

Provides programs and support to aboriginal women feeling abusive situations

24/7 telephone line 416-920-1492

1296 Weston Rd. (mailing address)
www.anduhyaun.org

Anishnawbe Health

Crisis line 24/7 mental health crisis management service

416-891-8606

aht.ca

Dnaagdawenmag Binnoojiiyag Child & Family Services

1-844-253-2237

www.binnoojiiyag.ca

Native Child and Family Services

Transitional Housing for Women

416-537-2261

179 Dowling Ave.
nativechild.org
info@nativechild.org

- At-risk aboriginal women 16 to 24 with or without children
- Self-refer through youth drop-in at 655 Bloor St. West

Native Child and Family Services

416-969-8510

30 College St.
nativechild.org
info@nativechild.org

Native Women's Resource Centre of Toronto

191 Gerrard St. East, Toronto

416-963-9963

www.nwrct.ca

26

ACCESSIBLE WOMEN'S SHELTERS IN YORK REGION

*Yellow Brick
House*

*Sandgate Women's
Shelter of
York Region Inc.*

*Blue Door
Shelter*

Belinda's Place

*Information and Support for VAW in
Older Adult Population*

**SENIORS SAFETY HELPLINE
24/7 Confidential 1-866-299-1011**



SAFETY PLANNING

Use This Tool To Begin Planning The Safest Way For You To Leave Your Relationship.
You Can Also Use This Plan Even If You Continue To Stay.

I will have important Phone Numbers available to my children and myself.

Police: _____

Crisis Line: _____

Friend: _____

Physician: _____

Shelter: _____

- I can tell _____ and _____ about the violence and ask them to call police if they hear suspicious noises coming from my home.
- If I leave my home I can go to _____.
- I can leave extra money, car keys, clothes and copies of documents with: _____.
- If I leave, I will bring:

- Identification
- Birth Certificates for me and my Children
- Social Insurance Cards
- OHIP Cards
- School and Medical Records
- Money, Bankbooks, credit/debit cards
- Keys – house/car/office

- Driver's License and Registration
- Medications
- Welfare Identification
- Change of clothes
- Passport(s), Permanent Residence card(s), work permits
- Divorce papers
- Lease/rental agreement, house deed

- Mortgage payment book, current unpaid bills
- Pictures, jewellery, items of sentimental value
- Children's favourite toys and/or blanket
- Other: _____

SAFETY PLANNING

For more information and to get detailed guides in other languages, please visit The York Region Violence Against Women Coordinating Committee website:

<https://yrvawcc.ca/>

Suggestions for increasing safety when the relationship has ended:

- I can change the locks, install steel/metal doors, a security system, smoke detectors and an outside lighting system.
- I will inform _____ and _____ that my partner no longer lives with me and ask them to call the police if he is observed near my home or my children.
- I will tell people who take care of my children the names of those who have permission to pick them up. The people who have permission are: _____ and _____.
- I can avoid stores, banks and _____ that I used when I was with my partner.
- If I feel down and ready to return to a potentially abusive situation, I can call _____ for support.
- I will inform people at school / work about my situation.

Adapted from Yellow Brick House





The York Region
Violence Against Women Coordinating Committee
Communicate Collaborate Coordinate

