

We need to understand that women stay in abusive relationships for very real and valid reasons:

- The fear of continued violence against themselves or other family members.
- Threats.
- The false belief that they are responsible for the abuse.
- Fear that they won't be believed or protected.
- The fear of losing their children.
- The fear of poverty.
- Thinking there is no place to go.
- Isolation.

WHAT CAN WE ALL DO

We need to prevent abuse **before** it happens.

- Talk about healthy relationships with our children.
- Encourage teachers to discuss violence against women in their classrooms.
- Examine our own attitudes about aggression, violence and gender.
- Ask our elected representatives to support funding of Transition Houses for abused women and their children.

*If you know someone who is being abused, tell them about **Chrysalis House**.*

SILENCE HURTS

WHAT ABOUT THE CHILDREN?

Children who witness violence between their parents also suffer consequences:

- They may live in fear of the next outburst.
- They may blame themselves for their parents' arguments.
- They are often the victims of emotional, physical and sexual abuse.
- They may learn to suppress their joy in living.
- They may come to accept violence as "normal" family behaviour.
- They may experience sleeping, eating disorders.
- Relationships with their peers may suffer their school performance suffers.

Chrysalis House cares about your children.

LET'S TALK

Children's Programs

679-1155

Chrysalis House

**A Safe Place
for Abused Women
and
Their Children**



**24 hour Crisis Line
(902) 679-1922
Toll Free 1-800-264-8682**

**P.O. Box 356
Kentville, NS
B4N 3X1**

**Women's & Children's
Outreach & Advocacy**

(902) 679-1155

**Executive Director
(902) 679-6544**

DOES YOUR INTIMATE PARTNER :

- Hit you, grab you or shove you.
- Throw objects at you.
- Lock you out of the house.
- Threaten you with weapons.

This is **PHYSICAL ABUSE**.

- Threaten suicide.
- Yell at you, call you names.
- Continually criticize you.
- Humiliate you in public or private.
- Keep you from working.
- Threaten to take the children if you leave.
- Keep you away from family and friends.

This is **EMOTIONAL ABUSE**.

YOU ARE NOT ALONE

Abuse happens to many women, in all income and educational levels, in all social classes.

YOU ARE NOT TO BLAME

Anyone who abuses their partner has learned to use violence to express anger or frustration long before you met.

THESE ARE CRIMES:

ASSAULT	STALKING
DESTRUCTION OF PROPERTY	THREATS OF PHYSICAL HARM

IF YOU HAVE BEEN ABUSED:

Protect yourself and your children.

The first incident of abuse is a warning sign. It will probably happen again. Abuse becomes more severe with time.

It is important for you to have a safety plan.

- Call Chrysalis House. We will assist you.
- Call the police.
- If you are hurt, go to a doctor or hospital emergency.
- Ask for a copy of the medical report and photographs of your injuries.
- Pack an emergency bag, which includes your important papers, and leave it with someone you trust.
- Seek informed legal advice about your rights regarding property, maintenance and custody.

YOU DO HAVE RIGHTS.

THERE IS HELP.

NO ONE DESERVES TO BE ABUSED.



email: chrysalis@ns.sympatico.ca

Chrysalis House is a safe place for women and their children of all racial and cultural backgrounds.

Chrysalis House provides:

- Free Confidential Services.
- 24 hour crisis line.
- 24 hour staffing.
- A safe, comfortable living environment for up to six weeks.
- Supportive counselling for women and children.
- Help in understanding the legal and social services systems.
- Advocacy.
- Group support.
- A space for women to share their experiences and to gain confidence in their own abilities.
- Outreach services in your community.

If you would like more information, please call us anytime.

679-1922

24 hour line

* **679-1155**

Women's & Children's
Outreach & Advocacy

* **679-6544**

Executive Director