



For additional copies of the Quick Reference Guide,
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The Peel Committee Against Woman Abuse

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For a detailed description of the agencies listed in this guide please
visit our website at www.pcawa.org

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WOMAN ABUSE COMMUNITY SERVICES IN THE REGION OF PEEL

Quick Reference Guide Spring 2008

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Armagh	Mississauga (905) 855-0299	5
Catholic Cross-Cultural Services	Brampton Mississauga (905) 457-7740 (905) 273-4140	5
Catholic Family Services of Peel-Dufferin	Brampton Mississauga (905) 450-1608 (905) 897-1644	6
Family Services of Peel	Brampton Mississauga Centralized Intake (905) 453-7890 (905) 270-2250 (905) 453-5775	7
Family Transition Place	24hr Crisis Business (519)941-HELP <small>(4357)</small> 1-800-265-9178 (519) 942-4122	7
HEAL Network	Brampton (905) 450-1608	8
India Rainbow Community Services of Peel	Brampton Mississauga (905) 454-9070 (905) 275-2369	9
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Catholic Family Services of Peel-Dufferin

www.cfspd.com

Brampton: 905-450-1608(p) ♦ 905-450-8902(f)

Mississauga: 905-897-1644(p) ♦ 905-897-2467(f)

Dufferin & Welland County: 1-888-940-0584 Toll free

Counselling:

Walk-in Clinic: Immediate access to counseling services. For clients exposed to woman abuse; provide brief counselling (1-6 sessions), crisis intervention, assessment, safety planning and advocacy and/or referral. Cultural interpreters available; First session free to woman abuse clients. Services available in: Brampton: Thursdays 12:30-7:30 pm ♦

Mississauga: Mondays 12:30-7:30pm ♦ Bolton: Mondays 4:00-6:30 pm

Individual & Family: Individual or family counselling for women who have been, or are currently in an abusive relationship; provides assessment, support, safety planning and community referral; fees based on sliding scale.

Group Facilitation: Women Supporting Women

Women Supporting Women is a series of workshops for women who have been, or are currently in an abusive relationship. These workshops run several times a year in Brampton and Mississauga. There is no fee.

Partner/Assault Response Program

This program is provincially approved for clients who want help to end their violent, abusive and controlling behaviours. Group run for 16 weeks and are available in Brampton, Mississauga and Orangeville.

Circle of Healing: Mindfulness Based Trauma Counselling

Circle of Healing is a mindfulness based group for adult women who have experienced trauma and abuse in childhood. This second stage group program provides women who have already been involved in healing process an opportunity to strengthen important skills and knowledge.

Becoming Visible

A closed, second stage group for women dealing with current or past abuse in a relationship, and focusing on therapy to help women overcome the effects of abuse. This group runs 16 to 18 weeks, twice a year; fees are assessed on a sliding scale.

Woman Abuse Programs- Language Specific

A first stage, closed group for women who have, or are currently experiencing abuse. Runs once a year, in collaboration with Catholic Cross-Cultural Services.

Victim Witness Assistance Program

905-456-4797(p) ♦ 905-456-4796(f)
1-866-788-5678

Support/ Information:

Provide information, community referrals and support to victims of crime. Provide information about the criminal justice process, including giving evidence, court procedures, updates about the court case and advocacy on the victim's behalf with the crown attorney and police.

Culture/ Language:

English, French, Italian, Punjabi, Hindi, Urdu and Armenian

Vita Centre of Peel

www.vitamanor.org ♦ info@vitamanor.org

905-858-0329(p) ♦ 905-858-4199(f)

Support/ Information: Support for pregnant and parenting youth; assisting youth to live to their fullest potential through support programs, education and advocacy. We promote awareness and understanding of the impact of unplanned pregnancy on families and the community.

Programs:
Support in the Community:

Crisis, transitional support, housing, referral and information.

Residential: Pre/postnatal support, education, life skills, newborn care. Stay up to 12 weeks postpartum. Designed for youth between 16 – 24yrs.

Vita Youth Parent Connection: Full time 12-week program for pregnant or parenting youth between 15 – 30yrs. Employability, life and parenting skills. Assistance with childcare, transportation and financial support is available.

Youth Speak Out: Workshops designed for youth, 13- 18 yrs, offered various locations across Peel. Self-esteem, anger management, body image, healthy relationships etc

Speakers Bureau: Public education and awareness; school presentations, health fairs, etc

Volunteer partnership: Connecting clients to volunteers for companionship and support.

Family Services of Peel

www.fspeel.org

Mississauga

905-270-2250(p) ♦ Central Intake: 905-270-2869(p)

Brampton

905-453-7890(p) ♦ Central Intake: 905-453-5775(p)

Counselling: **Immediate Intervention Service:** (within 48 hrs)
Counselling is available to women who are currently in, or who have recently left an abusive relationship.
Up to 6 sessions at no cost. Assessment, support, referrals and safety planning services.
2nd Stage Counselling: One to one therapeutic counselling. Up to 12 sessions with a fee on a sliding scale.

Abused Women's Group:

Closed group explores the dynamics of abuse. Open to women who are not presently in crisis. No fee.

Family Transition Place

24-Hour Crisis: (519) 941-4357

519-942-4122(p) ♦ 519-942-8243(f)

2nd Stage Housing: Shelter and transitional services for abused women and their children.

Counselling: Individual and group counselling in Bolton, Orangeville and Shelburne.
Woman Abuse Counselling: Counselling support and appropriate referrals.

Sexual Abuse Counselling: Services are available for female survivors of abuse or violence, 16+ years.
Legal Advocacy: Information about the legal and court process and about Legal Aid, court preparation, tour of courts, legal resource information and assistance with legal documents.

Group Facilitation: Ongoing support and psycho-educational groups. All services are free of charge.

HEAL Network (Helping End Abuse for Life)

www.healnetwork.org

905-450-1608 x119 ♦ 905-450-8902(f)

Helping Mothers and Children Survive Abuse Together (HMCSAT): This is a 10 week closed group for women and their children, ages newborn to 12, who have been impacted by their exposure to woman abuse. Language specific groups are available. This program is free of charge.

Lunch Group: This is a 12 week closed group that is available for children age 7 to 10 years old and takes place in the school. This group reaches out to children who may be exhibiting serious behavioural and/or emotional difficulties, possibly due to their exposure to woman abuse. In conjunction with this group, there are two workshops offered to parents in the school community. This program is free of charge.

“Breaking Down the Walls” A group for teens exposed to Woman Abuse in their families: This is a 10 week closed group for youth ages 13 - 16 years, who have been exposed to woman abuse. Focus is assisting youth to explore the violence they were exposed to. This group helps youth to learn non-violent conflict resolution strategies to live violence free. This program is free of charge.

Alternative Intervention Program: This program is for families who may require some counselling in order to prepare for them for a group or for families who have completed a group and may have some additional issues to work through. This program consists of 6 counselling sessions. This program is available for women and their children ages newborn to 16 years. This program is free of charge.

Trillium Health Centre

http://www.thc.on.ca/programs_services/womens_childrens_services/womensHealth/sexualAssaultDomesticViolenceServices.html

905-848-7191(p) ♦ 905-848-7612(f)
Counselling Services 905-848-7493(p)
Pediatric Sexual Assault Services and Follow-Up Clinic
905-848-7580 x2548

Sexual Assault Services

Medical Services: 24-hour service offered by admission through the Emergency Department, for females or males 12 years or older, to document and treat injuries sustained as a result of a sexual assault that has occurred within the last 72 hours.

Counselling Services: Up to 25 free counselling sessions, on an outpatient basis, for female or male survivors of recent sexual assault who are 12 years or older and to female and male survivors sexually assaulted after the age of 16. Counselling services available in either Mississauga or Brampton. (Evening appointments available)

Pediatric Sexual Assault Services: With consultation or admission through the Emergency Department, for children under the age of 12, to document and treat injuries sustained as a result of sexual assault. Interim counselling is available to the parent/caregiver and appropriate referrals are made for children.

Domestic Violence Services

Medical Services: 24-hour service offered by admission through the Emergency Department for women 16 years of age or older to document and treat injuries sustained as a result of domestic violence.

Follow-Up Clinic To provide survivors of sexual assault and domestic violence a range of medical services. These may include: re-documentation of injuries incurred as a result of domestic violence (photographing); care related to medication and/or results of STD testing; two and six week check-ups; - referral to social service agencies within the community. Tuesdays, 7:30 am - 11:30 am and Thursdays, 3:30 pm - 7:30 pm

Region of Peel, Child Care Services

www.region.peel.on.ca/childcar/index.htm

905-791-1585(p) ♦ 905-566-8436(f)

Domestic 24 hour service, admission through Emergency Department **Violence** for women 16 years or older, to document and treat injuries (Medical) resulted from domestic violence. Referrals for counselling and support are made to Interim Place's Transitional Support Program.

Hours:

Monday to Friday 8:30 am to 10:00 pm

Saturday and Sunday 10:00 am-10:00 pm

Sexual Assault: 24 hour service, admission through Emergency Department, to document and treat injuries sustained as a result of sexual (Medical) assault occurred within the last 72 hours.

Sexual Assault: Up to 25 free sessions, out-patient basis, for both male and female survivors of recent sexual assault, 12 years or older and (Counselling) to female and male survivors sexually assaulted in adulthood (16 years or older). Limited counselling available to support people. All services available in either Mississauga or Brampton.

Priority child care subsidy is available for women who are referred by shelters or transitional workers. Subsidy is provided for child care programs at licensed child care centres and home care agencies in Mississauga, Brampton and Caledon who have a service agreement with the Region. Child care spaces and subsidy may be limited depending on community demand and available funding.

India Rainbow Community Services of Peel

www.indiarainbow.org

Brampton 905-454-9070(p) ♦ 905-454-2762(f)
Mississauga 905-275-2369(p) ♦ 905-275-6799(f)

Crisis intervention: Intake, Assessment, Safety Plan and Crisis Counselling

Support, Advocacy & Referral: Referral to appropriate community resources (legal, financial, housing for victims of family violence and subsidized daycare)

Counselling: Individual and group counselling
Short-term and long-term counselling

Women's wellness Mondays 1:00 p.m. to 3:00 p.m.

Group: Education & Empowerment workshops
Newcomers Information
Legal Information
Life Skills
Health and safety
Parenting Enhancement Skills

Transitional Support: Services provided for abused women and children

Interpretation & Translation: As needed

Services available in English, Punjabi, Hindi, Urdu, Tulu, Kannada, Konkani, Tamil, Marathi, Gujarati.

Interim Place

www.interimplace.com

South 905-403-0864(p) ♦ 905-403-9044(f)

TTY Line 905-403-0453

North 905-676-8515(p) ♦ (905) 676-1187(f)

TTY Line 905-676-0284

Admin Offices 905-403-9691(p) ♦ 905-403-9808(f)

THSP Intake Line: (905) 676-0257

TTY Line 905-676-1413 ♦ 905-676-0737

Email: mail@interimplace.com

24-Hour Emergency

Accommodates up to 40 women and

Shelter:

children in a safe, confidential environment. Free shelter and support for up to six weeks.

Crisis Intervention:

24-hour crisis lines operate 7 days a week, 365 days a year. Trained staff and volunteers offer counselling and support as well as immediate assistance in cases of abuse.

Counselling and Support Groups

Assist women and children in developing viable plans for an abuse-free life

Children/Youth : Program

Provides a safe, supportive environment with structure and consistency for children in a time of crisis, recognizing the impact of children who have witnessed abuse at home.

Legal Advocacy:

Provides information, assistance, support, advocacy and guidance through the legal system.

A Housing Program

Provides assistance in finding affordable housing. Helps women turn housing into a home.

Transitional & Housing Support Program (THSP):

Is an outreach service for women who have experienced violence and provides counselling, advocacy and support to women of diverse backgrounds who may not access shelter services. In addition to supportive counselling the THSP advocates can assist women with safety planning, housing applications, budgeting, life skills and obtaining Legal Aid.

Peel Regional Police

www.peelpolice.ca

Non-Emergency number: 905-453-3311

Emergency number: 911

Peel Regional Police currently has 5 operational Division, operating on a 7 day a week, 24 hours a day, to meet the needs of victims/families dealing with domestic/family violence. In addition, a number of community stations are available to attend, with somewhat reduced hours of operation.

Uniform personnel from the Divisions will respond to complaints of domestic/family disputes, and document same. In situations where reasonable grounds exist regarding an offence, a comprehensive investigation will be conducted to support a charge, and to address the safety needs of the victim/family.

Sexual Assault/Rape Crisis Centre of Peel

www.sarccp.org

24 hour Crisis Line: (905) 273-9442

Crisis Line Caledon: 1-800-810-0180

Anonymous and Confidential

Office: (905) 273-3337(p) ♦ (905) 273-3336(f)

Counselling:

Emergency Counselling: If you have been sexually assaulted/abused within the past 3 months and are in crisis or need support with court, short term emergency counselling sessions (up to 5 sessions) are available. All emergency sessions will be booked within 72 hours. Call for intake and information.

Individual Counselling: Available to women 16 or older who are survivors of childhood sexual abuse and/or recent assault/abuse. Up to 20 individual sessions available. Waiting list. Please call for intake and more information.

Support persons Counselling: Available to both female and male support persons of women who have experienced sexual violence. Up to 5 sessions. Waiting list. Please call for intake and more information.

CrisisLine: Available 24 hours to women who have experienced sexual abuse/assault childhood or recent, support as well for support persons of survivors of sexual assault/abuse. Line also open to male survivors of sexual abuse/assault.

Group Counselling: Closed groups for women ages 16 and older, who are survivors of past or recent sexual violence to start in Spring of 2008. Please call for information.

Workshops: Psycho educational workshops to be offered 2-3 times per year. First group to start winter of 2008. Groups are open format, 6-10 weeks and available to all women 16 years of age or older who have experienced sexual abuse/assault.

Creating Balance workshop to begin winter 2008. Please call for information.

Punjabi Community Health Centre

www.pchealthcentre.com

905-301-2978(p) ♦ 905-457-3902(f)

SAHARA Men's Group: Linguistically and culturally appropriate psycho-educational group for South Asian Men. Addresses both violence behaviour and substance abuse issues. Works closely with women and children and provides holistic care to the entire family. Brampton and Mississauga.

SAHARA Women's Group: An aftercare program providing long-term support to abused women and children. Group runs in Mississauga.

SAHARA Youth Group: Program deals with issues of deviant behaviour, cultural conflict and substance abuse.

SAHARA Senior's Group: Program dealing with issues of senior abuse, inter-cultural and inter-generational issues.

Parenting Sessions: Provided at various Gurdwaras and schools throughout Peel. No charge.

Punjabi Food Bank: For women and children surviving abusive situations.

Translation Services: Translates flyers, brochures, booklets and reports from English into Punjabi and Hindi.

Gambling Counselling: Free gambling counselling to clients who speak Punjabi, Hindi and Urdu.

Counselling Program: **(Healing through Alternative Methods)** Culturally appropriate counselling for individuals, couples and families.

Malton Neighbourhood Services

www.mnsinfo.org

905-677-6270(p) ♦ 905-677-6281(f)

Counselling: **Crisis:** Response and counselling.
Support: Provide support and information on financial, legal and housing matters.

Transitional Support: To abused women and children.
Referrals: Connects women to community resources.
Group Facilitation: **Educational Workshops:** On health, safety, and parenting, etc.

Support Group: This group is ongoing and free.

Muslim Community Services

www.muslimcommunity.org

Brampton 905-790-1910(p) ♦ 905-790-3866(f)
Mississauga 905-828-1328(p) ♦ 905-828-8439(f)

Counselling: **Crisis:** Intake, assessment, and intervention. Including appropriate referrals

Support: Short term and long term individual and group counselling.

Support Groups: Open-ended women's support groups are conducted on the last Tuesday of the month from 12pm-2pm at the Brampton Office

Outreach: Workshop and Radio Program. Weekly radio program is conducted for one hour every Wednesday from 3:00-4:00 p.m. on AM 770.

Workshops: Monthly workshops held for public education and awareness on the issue of family violence

MCS Youth Club: Incorporates a homework club, reading circle and discussion groups for youth in the community. Offered daily in Mississauga location only, from 4pm-6pm

Seniors Group: Focuses on encouraging social and recreational activities for isolated seniors. Offered in Mississauga location only on last Thursday of the month from 1pm-3pm.

MCS Food Bank: Based in our Mississauga office, MCS food bank provides short term assistance with a food hamper to needy clients with priority given to single mothers.

Oasis Centre des Femmes

www.oasisfemmes.org

arlene@oasisfemmes.org

905-454-3332(p) ♦ 905-454-9437(f)

French Crisis line 1-877-336-2433

Support/ Information: Delivers free and confidential services to Francophone women (16 yrs and over) Assist women who are victims of violence (as well as immigrants, refugees and those in search of employment) to gain insights that allow for life changes, use their inner resources to deal with the issues and achieve personal growth

Counselling/ Services: French crisis line provincial support line (available 24 hrs/7 days/wk)
Counselors provide crisis intervention and advice, information, support and referral to community services

Merge Counselling and Educational Services

www.merge—counselling.com

905-855-8028(p) ♦ 905-855-5278(f)

Crisis Response/Youth: Provides both male and female youth with an array of supportive and preventative measures.

“Women Living In Anger”: 16 week psycho-educational group designed to teach women how to express anger in an appropriate way. The group increases women’s awareness of domestic violence and its impact on individuals and the community. It teaches strategies for prevention, reducing abusive behaviours and building belief in self-empowerment. This promotes respect for self and others. This is a closed group and is co-facilitated by a female and male counsellor. Fees based on a sliding scale. Interpreters are available. Access to this agency can be made by referral, self, court, probation and other social service agencies.

Counselling: Individual counselling for women who have been or are currently in an abusive relationship. Fees are based on a sliding scale.

Legal Advocacy: Legal information about the court process and legal aid.

Appendix: Agencies Providing Related Services

All services have access to Interpreter Services.
All services provide information and referrals.

Brampton Neighbourhood Resource Centre

www.bnrc.org

905-452-1262(p) ♦ 905-452-1365(f)

Programs Available: Programs for new parents (birth to 12 months), preschool programs (12 months to 6 years), youth program (7 to 16 years), teen moms program (13 to 21 years), LINC (Language Instruction for Newcomers to Canada), Employment Services, Settlement Services.

Available in Arabic, Cantonese, Hindi, Mandarin, Punjabi, Urdu, Vietnamese

Elizabeth Fry Society of Peel-Halton

<http://www.cefso.ca/peel.html>

905-459-1315 x236 ♦ 905-459-1322

Counselling: Services for individuals in conflict with the law.

Family Education Centre

www.familyeducationcentre.org

905-452-0332(p) ♦ 905-452-0717(f)

Training & Workshops: Parenting Skills/Techniques for parents and children.

Offered in Mississauga, Brampton, and Caledon

Salvation Army Family Life Resource Centre Honey Church

www.flrc.ca

24 hour Crisis Line 905-451-6108(p)
Shelter 905-451-4115(p) ♦ 905-451-4245 (f)

Emergency Housing: Transitional services for abused women and children. General stay 4-6 weeks.

Group Facilitation: **Reclaiming My Life:** 13 - 14 week closed therapy program for women survivors of partner abuse. No fee; daycare provided.

Discovering Me: 8 week drop-in program designed to develop higher self esteem for women. Walk-ins and ex-clients welcome.

Drop in Day Groups: Open to the community, about such topics as parenting and abuse.

Life Skills Group: Open to the community, about such topics as stress management, returning to school, time management, etc.

Women's Program: 24 hour Crisis Line and one-on-one counselling for all residents.

Child/Youth Program: In-house residential, one-on-one counselling, and groups. Child Care room and Mom & Tots group.

Legal Advocacy: Legal process support including accompaniment to court and any other legal appointments.

Transitional Support Follow up: Services provided by outreach counsellor.

Housing: Advocate for residents and ex-residents to find housing.

Salvation Army Women's Counselling Centre

905-820-8984(p) ♦ 905-820-2050(f)

Group Facilitation **Free Yourself:** 7-week closed support group for women who have or are experiencing violence. No fee.

Boundaries & Boundaries with Kids: 9-week closed group for women to assist in re-defining and developing healthier boundaries.

Healthy Relationships: 9 week closed group for women

Life Skills: Consists of topics such as Stress and Time Management, Depression, Self Nurture, Understanding Anger, Parenting

Counselling Individual and Group Counselling, Short Term and Long Term Counselling

Support & Advocacy Legal and Court Support, Housing and referrals to appropriate community resources

Services available in Spanish.

United Achievers Community Services

www.unitedachievers.org

905-455-6789(p) ♦ 905-455-6162(f)

Violence Against Women Prevention Programs

Counselling: Crisis telephone intervention. Face-to-face supportive counseling; free child care.

Group Facilitation: Bi-weekly support group.

Advocacy: Accompaniment and information (i.e. housing and legal).

Victim Services of Peel

www.vspeel.org ♦ info@vspeel.org

24-Hour Client Services Line 905-568-1068

905-568-8800(p) ♦ 905-564-2844(f)

Crisis Intervention: 24 hours a day, every day of the year support to persons victimized by crimes or tragedies. Telephone outreach, office appointments, information and referrals are provided. Police initiated scene attendance.

**Critical Incident :
Debriefing** Counseling in the workplace or other locations where a traumatic incident has occurred helps those affected cope with the event. Our Critical Incident Stress Management (CISM) trained counselors will work with groups and individuals to help them debrief following a trauma.

**Short Term :
Counseling** Counseling and information about community resources and referrals.

Supportlink/Domestic Violence Emergency Response System (DVERS):

Enhanced protection, intensive safety planning and ongoing counseling to help people at high risk of violence. Includes 911 one-touch emergency cell phones and personal safety alarms directly linked to Peel Regional Police.

Legal Advocacy: Advocacy within the judicial process - information, support and accompaniment for women during bail hearing.

**Transitional
Support:** Development of structured safety plans, helps female victims of violence and their children who are leaving an abusive partner to establish violence-free lives in the community.

REACH Program: REACH (Resources, Education, Advocacy, Community Help) packages for individuals, groups and organizations provide information about community services specific to their personal circumstances following victimization.

**SAFE
South Asian
Family Enrichment
Program** Collaboration with individuals, cultural centres, businesses and other groups within ethno specific communities to provide culturally-appropriate services that assist women, men and children in eliminating violence within their families.