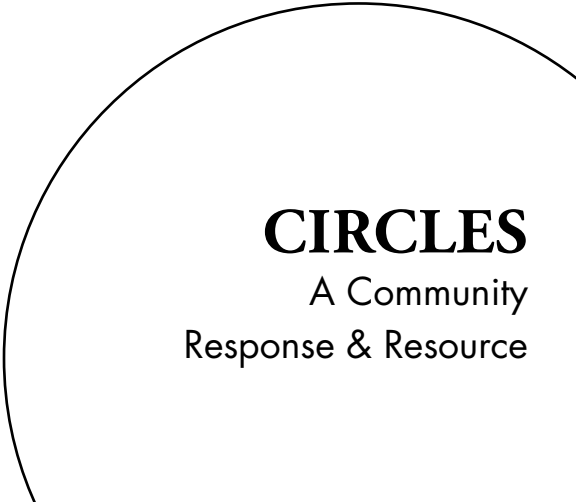




CIRCLES

A COMMUNITY RESPONSE
& RESOURCE



CIRCLES
A Community
Response & Resource



Dedicated to
M.M.P
& B.E.

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Acknowledgements

We want to honour the survivors who have bravely come forward and who've contributed invaluable to this initiative, you are the driving force behind it. We also want to dedicate this to all those who continue to survive in different ways through their resilience and resistance. To those who have not survived, we honour you and the legacy of your survival.



Statement & Notes



We are a group comprised of survivors, allies, artists, community workers, activists and organizers living in Tio'tia:ke (Montréal) and Tkaronto (Toronto). Together we have created this resource as a foundation for an ever-developing response to abuse and sexual violence within and around our communities. These communities range from close circles of friends to varying networks of young people and artists. This compilation of information is part of our attempt to foster transformative and healing justice in dealing with abuse and sexual violence. We aim to provide useful tools and resources for survivors, allies, perpetrators, and anyone who is affected by abuse and sexual violence. We do not claim to be professionals and this is not an exhaustive document. Rather, it serves as a space for resource sharing. We hope to provide a variety of approaches and resources that cater to folks with different lived experiences, realities and needs.

It is crucial to acknowledge that the non-Indigenous services listed below operate on unceded Indigenous territory. The land known as Canada is located on unceded and stolen Indigenous territory referred to by many as Turtle Island.

The island where most of collaborators reside, and have been working to compile this resource, known as Tio'tia:ke (Montréal), is the unceded traditional territory of the Kanien'kehá:ka (Mohawk). The Kanien'kehá:ka are the keepers of the Eastern Door of the Haudenosaunee Confederacy. Tio'tia:ke has historically been a meeting place for other Indigenous nations, including the Algonquin peoples.

The land known as Tkaronto (Toronto) is the traditional territory of the Haudenosaunee, Anishinaabe, Ojibwe, and of the Mississaugas of the New Credit First Nation.

Abuse and violence are inextricably linked to settler-colonialism. We acknowledge that our group comprised of settlers must actively push against settler-colonialism if our work is to be truly intersectional and transformative. We have not been granted permission to settle on this indigenous territory, however we are committed to respecting the land and its people. This work is part of our group's commitment to support Indigenous communities in and around the urban centers we reside in.

With regards to language, we want to acknowledge that everyone labels their experiences of sexual violence, abuse, assault, and trauma differently. We acknowledge that the term survivor is used throughout this document to identify those who have experienced, resisted and survived any form of violence or abuse but that folks may choose to identify and/or label themselves or their experiences differently. We recognize and validate that any and all language someone may or may not choose to use when naming or labeling their experience is valid, important and their choice.

We believe that we have a responsibility to collectively hold each other accountable when violence occurs, and to provide a variety of approaches that may help inform responses to trauma, violence, and abuse. We recognize that we live in a society that creates the conditions for violence and abuse to thrive, a society which shames, blames and discounts survivors who come forward, questioning the validity of their experiences. Oppressive structures continue to uphold violence, abuse and shame, while hindering the process of healing. We also recognize that we are all capable of harm and/or being complicit in harm, just as we are all susceptible to being harmed. This does not mean that violence and abuse is quantifiable, justifiable or experienced in equal measure. As such, we are committed to confronting the ways in which we are individually and communally complicit in systems of oppression and violence. We are determined to learn and create space for responses to abuse and sexual violence that do not replicate the current systems and dynamics we are actively trying to resist and transform.

We acknowledge that violence disproportionately impact marginalized communities and individuals, particularly Indigenous, queer, trans, non-binary/gender non-conforming/gender variant and gender expansive people of colour, as well as folks who are disabled, poor, chronically ill, female-identifying or anyone with bodies marked by society as 'different'. We acknowledge that this is inextricably linked to white supremacy, capitalism, imperialism, ableism, cis-hetero patriarchy, misogyny and settler-colonialism.

We must also acknowledge that the terms 'healing and transformative justice' were coined by queer and trans people of colour, specifically Indigenous, Black, and Brown femmes, "in response to all that both mainstream western/biomedical and "alternative" white/cis/abled spaces lack in terms of understanding how colonialism, ableism, cultural theft, and whorephobia affect healing."¹¹

Our central goal is to come together to learn about the practice of community accountability and transformative/healing justice in order to foster safer space strategies, healing and growth. We are committed to developing the knowledge and capacities to intervene in and end abuse without resorting to conventional state and societal interventions that lead to punishment, exclusion and isolation. We acknowledge that there are various ways to work towards ending abuse and violence, and that different people may have different needs and wishes when dealing with personal experiences of violence and abuse. We neither condemn nor condone seeking assistance from police or other state sponsored institutions and believe that everyone has the right to choose whichever course of action is safest and best for them. We respect and validate a person's choice to make use of the criminal justice system and we recognize that the notion of accountability and healing as a process or a framework may look differently for everyone. Our intention with this resource guide is not to propose a rigid model of accountability and healing, but rather a framework.

We acknowledge that changing the political and social structures that reinforce oppression and violence begins through direct action within small communities like our own, and that confronting the ways in which we are individually complicit in systems of oppression and violence is a vital part of working towards dismantling these systems on a larger scale.

While support services listed below are limited mostly to Tio'tia:ke and Tkaronto, we hope that this document will serve as a platform for continued collaboration and resource sharing across Turtle Island (Canada) and beyond.

1. Leah Lakshmi Piepzna-Samarasinha, A Not-So-Brief Personal History of the Healing Justice Movement.

Notes & Considerations

Some thoughts from Kai Cheng Thom, expanded upon by the authors of this text, to consider when holding this discussion:

“It is up to the community to hold and contain this rage – to hear and validate and give it space, while also preventing it from creating further harm. The expression of anger and pain is key to the transformation of violence into healing, because it allows us to understand what has happened and motivates us to change. And it’s up to the community as well to then provide a framework for forgiveness, to help envision a future where forgiveness is possible, and how it might be achieved.”¹¹

We must acknowledge that these frameworks do not currently exist in our communities and we are complicit in upholding these systems of oppression that continue to allow abuse and trauma such as settler-colonialism, sexism, transphobia and homophobia, capitalism and ableism. It is our duty to challenge and dismantle these notions, both in this moment and in our everyday lives. Resistance and dismantlement may begin here, but it must not end here.

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These are the following considerations we took note of during our own accountability discussions and we feel they are pertinent to consider when dealing with abuse within communities

1. Kai Cheng Thom, (8 Steps Toward Building Indispensability (Instead of Disposability) Culture

– What are ways we can center direct and indirect survivors in this situation? How can we center their boundaries?

– What are ways we can move the conversation to a platform where we have control of the flow of the information? Facebook does not facilitate this totally to our benefit. It is important to have a conversation there but we have to create other space(s) for tangible community discussion. Facebook is a distorted line of communication that is not designed to hold individuals accountable for problematic behavior and abuse. What are some ways in which we might have we let that infrastructure control our responses to the situation at hand? The discussion may (sometimes) be less mortal on facebook but does it become inherently more visible there?

– We are often complicit in abuse in ways that elude our understanding. Silence is complicity. This is a reason why public posts have been made: To break silence and inform the community, because one of our goals is to ensure safety. This is one sense in which we have to figure out transformative ways to challenge the abuser/survivor dichotomy. This is of course a tricky negotiation when dealing with unaccountable individuals. For example, the dichotomy is upheld when we publicly call out an abuser, but what are we to do when someone who has committed abuse does not come forward publicly or to their community. How can they be held accountable?

– How do we begin to realize a community accountability? What are ways we can we hold ourselves accountable for being complicit in cycles of abuse? We are all fallible, and few if none of us are “accountability experts.” We believe this starts with removing known perpetrators from – and taking away their – public/visible space(s), as their presence can be triggering for any and all individuals who have survived abuse. That’s more people than one can imagine. Reflect on that. Our community response must prioritize empathy and action.

– What would/could an accountability workshop look like? What tools, resources, and language would we need to be prepared to facilitate this? Who are the workshops designed for? Where would they be facilitated? Who would facilitate them?

– How can we begin to challenge the isolating and silencing effects of abuse? We cannot let our hesitations to act (whether due to optics or protecting abusers, for example) fear us into inaction. This must be diligent community work.

– We must acknowledge that stigma against mental illness impeded our ability to hold abusers accountable. Signs that they needed help could be continuously ignored. How can we identify these signs in the future, and act on them most effectively, without further perpetuating stigma around mental illness?

– How can we assess and address the needs of survivors if we become aware of abuse but the survivor has not decided to share the info publicly? How can we deal with this publicly?

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**Support Services &
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We have done our best to compile free and accessible services, but please verify whether a service you are interested in meets your needs and be aware that the parameters of a service may change (cost, hours, accessibility). Some services are located outside of Tio'tia:ke (Montréal) and Tkaronto (Toronto), but offer Turtle Island/Canada-wide support services such as toll-free crisis and support phone lines or online chat support and referral services.

We tried to ensure that services listed below have inclusive, non-discriminatory, anti-racist and anti-oppressive mandates. However, we unfortunately cannot guarantee that a service will be inclusive and non-discriminatory.

If you have feedback about a particular service that you'd like to see reflected in the resource guide, if you find a mistake or if you want to submit additions, feel free to send us an email over at circlescommunityresponse@gmail.com

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Remember: If you have an emergency or if you are in crisis, you can visit your local emergency department, call 911, or contact a distress centre near you.



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& Provincial**

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Support & Distress Lines

ShelterSafe

ShelterSafe.ca is an online resource to help women and their children seeking safety from violence and abuse. The clickable national map will serve as a fast resource to connect women with the nearest shelter that can offer safety and support.

Accessibility: Will depend on location. Online Resource.

Language: Will depend on location.

sheltersafe.ca

Trans Lifeline

1-877-330-6366

24/7

Trans Lifeline is a non-profit support line dedicated to the well being of transgender people, staffed by trans people for transgender people.

Language: English

translifeline.org/

1 in 6 (U.S. Based)

24/7

Offers a wide range of information and services to men with histories of abusive sexual experiences, and anyone who cares about them. Confidential individual and group support available via chat services with trained counsellors.

Accessibility: Online chat service.

Email: info@1in6.org

1in6.org

Québec

Support & Distress Lines

Sexual Assault Provincial Helpline

1-888-933-9007 (Québec) 514-933-9007

24/7

Bilingual & confidential phone assistance. A specially trained team of women receives your call, finds out what you need, and offers information. With a list of provincial services, they can guide you to the nearest help and protection available according to your needs.

Accessibility: Toll-free telephone services.

Language: English and French.

justice.gouv.qc.ca/english/programmes/ligne1888-a.html

Counselling, Advocacy & Referral Services

Québec's Sexual Violence Initiative

A website hosted by the Québec government to address sexual violence across the province, and provide resources for survivors. Resources are searchable by region.

Accessibility: Will depend on location.

Language: English and French.

agressionssexuelles.gouv.qc.ca

LGBTQQIA2S+ Gender Non-Conforming & Non-Binary Services

Le Néo

1-800-964-1860 450-964-1860 (Terrebonne)

L'organisme s'engage à soutenir les personnes allosexuelles ou préoccupées par leur orientation sexuelle ou leur identité de genre ainsi que leurs proches. Le Néo offre des ressources et des groupes de soutien pour personnes trans.

Email: neo@le-neo.com

Adresse: 950 Boul. Moody, Bureau 200, Terrebonne, Québec

Service offert en: Français

le-neo.com

Projet Caméléon (I.R.I.S. Estrie)

819-823-6704

Les groupes de discussion pour personnes trans se déroulent aux 1er et 3e mercredi de chaque mois.

Le projet offre du support, des références et des groupes de discussion pour les personnes trans, et personnes qui souffrent des Infections Transmissibles Sexuellement et par le Sang (ITSS).

Email: projet_cameleon@hotmail.com

Service offert en: Français.

iris-estrie.com

Shelters

Transition Houses Across Québec

Battered Women's Support Services index of transition houses across Québec.

Accessibility: Will depend on location

Language: will depend on location; English and French.

bwss.org/resources/transition-houses-in-canada/quebec



Ontario

Counselling, Advocacy & Referral Services

Network of Sexual Assault & Domestic Violence Care Centers

The Network consists of 35 hospital-based sexual assault and domestic violence treatment centres across Ontario. Together, they ensure that victims/survivors of sexual assault or domestic violence have access to comprehensive and timely support to address their individual medical and legal needs. Members are the nurses, social workers, physicians and support staff of the various treatment centres.

Accessibility: Will depend on location.

Language: will depend on location; English and French.

satontario.com/en/home.php

Ontario Coalition of Rape Crisis Centres

The Ontario Coalition of Rape Crisis Centres (OCRCC) works toward the prevention and eradication of sexual assault. The membership includes sexual assault centres from across Ontario, that offer counselling, information and support services to survivors of sexual violence, including childhood sexual abuse and incest.

Accessibility: Will depend on location.

Language: will depend on location; English and French.

sexualassaultsupport.ca/Members

Shelters

Transition Houses Across Ontario

Battered Women's Support Services index of transition houses across Ontario.

Accessibility: Will depend on location.

Language: will depend on location; English and French.

bwss.org/resources/transition-houses-in-canada

Indigenous Support Services

Talk 4 Healing

1-855-554-4325

24/7

Traditional Indigenous counselling by phone for all Indigenous women living in urban, rural and remote communities, both on and off reserve, throughout Northern Ontario.

Language: English, Ojibway, Oji-Cree & Cree.

talk4healing.com

Minwaashin Lodge

613-789-1141

1-855-789-9433

Provides a range of programs and services to First Nations, Inuit and Métis women and children (regardless of status) who are survivors of domestic and other forms of violence, and who may also be suffering the effects of the residential school system.

Address: 100-1155 Lola Street, Ottawa, ON

Accessibility: Wheelchair Accessible..

minlodge.com

Tungasuvvingat Inuit

(613) 565-5885

An Inuit-specific service provider of social support, cultural activities, counselling and crisis intervention to meet the rapidly growing, complex and evolving needs of Inuit.

Address: 1071 Richmond Road, Ottawa, ON

tungasuvvingatinuit.ca

Elderly Survivor Services

Seniors Safety Line Ontario Network for the Prevention of Elder Abuse

1-866-299-1011

24/7

Hotline to assist abused and at-risk seniors.

Language: English and services available in over 150 languages.

elderabuseontario.com/what-is-elder-abuse/help-for-seniors



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Support & Distress Lines

Auberge Shalom

514-731-0833

24/7

Anonymous, free and confidential support line for women and children who are experiencing or have experienced conjugal violence. Specifically geared towards Jewish women including Hassidic and Orthodox Jewish women.

Accessibility: By telephone, not trans inclusive.

Language: English and French.

aubergeshalom.org/

Drug Referral Line

1-800-265-2626

514-527-2626

24/7

Information and referral service for people coping with addiction.

Language: English and French.

drogue-aidereference.qc.ca/index

Écoute Entraide

1-844-294-2130

514-278-2130

7 jours sur 7, 8am – 12am

Ligne d'écoute pour les personnes en souffrance émotionnelle, offrent références pour d'autres ressources.

Accessibilité: Par téléphone (sans frais disponible).

Service offert en: Français

ecoute-entraide.org/

The Montréal Sexual Assault Centre

1-800-933-9007

514-934-4504

24/7

The line is open to all victims of sexual assault: adults, children, adolescents, incest survivors, the victim's family and friends, and practitioners.

Accessibility: Toll-free telephone access. Free services.

Language: English and French.

cvasm.org

Multi-Écoute

514-737-3604

Mon-Fri, 9am – 12pm and 1pm – 5pm

Anonymous, free confidential listening service especially geared towards immigrants, offered in multiple languages.

Accessibility: Listening services available by telephone, and counselling is available by appointment.

Language: French, English, Spanish & Arabic.

multiecouste.org

Revivre

1-866-738-4873

Mon-Fri, 9am – 5pm

Free listening service for people living with depression, anxiety and/or bipolar disorder.

Accessibility: Toll-free telephone access.

Language: English and French.

revivre.org

Sexual Assault Centre of the McGill Students Society (SACOMSS)

514-398-8500

Free and anonymous active listening and support service. Pro-survivor, inclusive of people of all genders and orientations. Hours vary weekly, schedule can be found on facebook page or website.

Accessibility: By telephone. (local access)

Language: English

sacomss.org

SOS Conjugal Violence

1-800-363-9010 514-873-9010

24/7

Free listening, evaluation, and referral service for counselling and shelter.

Accessibility: TTY service for Hearing Impaired Persons.

Language: English and French.

sosviolenceconjugale.ca

Suicide Action Montréal

1-866-277-3553

514-723-4000

24/7

Free listening and support line, education, support for people who have lost loved ones to suicide.

Accessibility: Toll-free telephone services available.

Language: English and French.

suicideactionmontréal.org

Tel-Aide

514-935-1101

24/7

Free, anonymous, non-judgmental listening centre for people in distress.

Accessibility: By telephone.

Language: English and French.

telaide.org/en/

West Island Crisis Centre

514-684-6160

24/7

Offers a free telephone intervention service for individuals based in the West Island who are in psychological or psychosocial distress, as well as to their family and friends.

Address: 2075 Plessis, Montréal

Accessibility: Services for West Island residents only.

Language: English and French.

Emergency & Acute Support Services

Montréal Sexual Assault Centre

1-888-933-9007 514-934-4504

24/7

This is the central, government-mandated service for supporting survivors of sexual assault. The centre offers a range of bilingual services free of charge to anyone who has been a victim of sexual assault, sexual abuse or incest. Medical services and medico-legal rape kits available on site. Free counselling for anyone who has been sexually assaulted in the past year for up to six months. They also provide up to 3 sessions of free counselling for friends and families of survivors. Services are also offered to the victim's family and close friends.

Accessibility: Toll-free telephone services Free medical, legal, and individual therapy services. 18+

Language: English and French.

Email: info@cvasm.ca

cvasm.org

Day Service — CLSC Métro

Mon-Fri, 8 am – 5 pm.

Address: 1801 de Maisonneuve Blvd. West,
3rd floor, Montréal

Language: English and French.

Night Service — Montréal General Hospital

Mon-Fri, 5 pm. – 8 am Weekends & holidays, 24hrs

Address: 1650 Cedar Ave, Montréal

ER: Des Pins Avenue entrance

Language: English only.

Québec's Sexual Violence Initiative

This is a website hosted by the Québec government to address sexual violence across the province and provide resources for survivors. You can search for resources by region in Québec. Designated centres for Tio'Ŧia:ke/Montréal follow below.

Accessibility: Toll-free telephone services telephone services 24/7. Free medical, legal, and individual therapy services. All ages.

agressionssexuelles.gouv.qc.ca/en/resources/index.php

QSVI Designated Centres

24/7

Designated centres located in hospitals. The services are intended for abuse survivors who require an evaluation of their health, a medical examination or a forensic examination. The designated centres have medico-social teams composed of psychosocial support workers, nurses and doctors trained in helping survivors of sexual assault.

Accessibility: Wheelchair accessible.

CHUM – Hôtel-Dieu de Montréal

514-890-8444

24/7 – Emergency Room

For adults/over 18 years of age. Emergency 24/7 paging service, ask for the on-call sexual assault support workers.

Address: 3840 rue Saint-Urbain, Montréal

Language: French

chumontreal.qc.ca

Hôpital Sainte-Justine

514-345-4611 (24/7 ER)

514-345-4721 (Adolescents)

514-345-4866 (Enfants)

24/7 – Emergency Room

Pour des adultes, adolescents et enfants.

Address: 3175 côte Sainte-Catherine

Language: French

chusj.org

The Montréal General Hospital

514-934-8090

24/7 – Emergency Room

Health care for assault injuries & therapy services.

Address: 1650 Cedar Ave, Montréal

Language: English

muhc.ca/mgh/

Montréal Children's Hospital

514-412-4499 (24/7 ER)

514-412-4481 (Clinic)

24/7 – Emergency Room & Sexual Assault Clinic

Address: 1001 Boulevard Décarie, Montréal

Language: English

Accessibility: Under 18

hopitalpourenfants.com/ressources-

communautaires-agression-sexuelle

CSSS de Côte-des-Neiges & Parc Extension

514-934-0354

Mon-Fri, 8am – 5pm

Address: 1801 boulevard de Maisonneuve Ouest, 3rd Floor, Montréal

Language: English and French.

csssdelamontagne.qc.ca

Shelters

Assistance aux Femmes

514-270-8291

24/7

Provides shelter for women with children experiencing abuse. Experience in assisting immigrant women.

Address: Confidential, can be obtained by phone.

Accessibility: By appointment, trans inclusive.

Language: English, French & Spanish.

Email: information@assistanceauxfemmes.ca

assistanceauxfemmes.ca

Auberge Madeleine

514-597-1499

Shelter for homeless women struggling with addiction or who are experiencing abuse.

Accessibility: Multiple flights of stairs to access whole facility;

Wheelchair inaccessible; Trans inclusive.

Language: English and French.

Email: administration@aubergemadeleine.org

aubergemadeleine.org

Auberge Shalom

514-731-0833

514-485-4783 (counselling)

24/7

Services for women and children who are experiencing or have experienced situations of conjugal violence.

Address: Confidential, available by phone.

Accessibility: Not trans inclusive. For Jewish women.

Language: English and French.

Email (Shelter): infoaspf@videotron.ca

aubergeshalom.org

Auberge Transition

514-481-0495

Mon-Fri, 9am – 4pm (Shelter) 24/7 (Crisis line)

Free shelter and services for women & children who are experiencing or have experienced conjugal violence. They also provide counselling, referrals, art therapy, advocacy and youth services.

Address: Confidential. Can be obtained by phone or email.

Accessibility: No experience with trans patients but trans inclusive. In the process of preparing workers in trans inclusive practices.

Language: English and French.

Email: aubtrans@qc.aira.com
aubgetransition.org

La Maison du Réconfort

514-768-8648

24/7

A non-profit organization offering free shelter, counselling and accompaniment for women and children who are experiencing conjugal violence.

Address: Confidential. Available by phone or email.

Accessibility: Individual consultation services available.

Language: offered in French, English, Spanish, Arabic, Vietnamese, Italian & Turkish.

Email: inter.reconfort@videotron.ca

Maison Flora Tristan

514-939-3463

Provides shelter for immigrant women and children experiencing abuse.

Address: Confidential, can be obtained by phone.

Accessibility: Unknown

Language: English, Spanish, Portuguese, Russian, Romanian, Créole, Kinyarwanda, Swahili & Arabic.

Email (Intervention): aide@maisonfloratristan.com
maisonfloratristan.com

La Maison Grise

514-722-0009

24/7

Offers shelter for women living in homelessness and experiencing abuse. They also provide assistance in finding affordable housing.

Address: Confidential, can be obtained by phone.

Accessibility: By telephone appointment. Trans inclusive.

Language: French

Email: info@lamaisongrise.org
lamaisongrise.org

Maison L'Océane

514-524-5776

24/7

A shelter prioritizing women with children experiencing abuse.

Address: Confidential, call for access.

Accessibility: Par reference seulement. Trans inclusive.

Language: Français

Email: alliance2e@hotmail.com
alliance2e.org/public/maisonloceane.html

Maison Secours aux Femmes de Montréal

514-593-6353

24/7

Shelter catering specifically to immigrant women and their children experiencing abuse.

Address: Confidential, can be obtained by phone.

Accessibility: No experience with trans clients but trans inclusive.

Language: French, Chinese, Spanish, Arabic, Urdu, Bengali, Hindi and Wolof.

Passerelle

514-939-0512

24/7

Provides counselling and temporary shelter for women and children experiencing abuse.

Address: Confidential, can be obtained by phone.

Accessibility: Application basis. Must be in shelters for over a month before application. No experience with trans clients but trans inclusive.

Language: French

Email: info@passerelle2e.ca
passerelle2e.ca

Le Parados

1-800-363-9010

514-873-9010 (shelter)

514-637-3529 (general)

24/7

Free short term shelter for women and children who are experiencing or have experienced conjugal violence. They also support women in their path towards economic, legal and social security.

Address: Confidential, can be obtained by phone.

Accessibility: Trans inclusive

Language: French

Email: parados@videotron.ca
leparados.com

Tracom

514-483-3033

24/7

Short term shelter and phone line for people dealing with depression, anxiety and suicidal thoughts. Offers community follow-up and crisis counselling. They also offer evaluation meetings and follow up counselling in private homes or in a community setting for up to two months.

Address: Confidential, available by phone.

Accessibility: Wheelchair accessible. Trans inclusive. 2 week maximum stay. Free.

Language: English and French.

Email: info@tracom.ca
tracom.ca

Counselling Services & Resource Centres

Centre for Gender Advocacy

514-848-2424 ext: 7880 (Peer support)

Mon 3pm – 5pm, Wed 10am – 12pm, Fri 10am – 12 pm (drop-in)
The Centre for Gender Advocacy promotes gender equality and empowerment. Offers a wide range of campaigns, action groups, services & resources.

Address: 2110 Rue Mackay, Montréal

1500 de Maisonneuve West #404, Montréal

Accessibility: Wheelchair accessible. Limited parking, non-automated doors, and steep ramps.

Language: English and French.

Email: info@genderadvocacy.org

peersupport@genderadvocacy.org (for appointments)

genderadvocacy.org

Argyle Institute

514-931-5629

The Pride Team is made up of therapists from all levels of experience with and within LGBTQQIA2S+ communities. All Pride Team therapists are committed to and have received training in the principles of LGBTQQIA2S+ affirmative therapy.

Address: 4150 Ste Catherine St. West, Suite 328, Westmount

Accessibility: Income based sliding scale. Tax or employment records required. Wheelchair accessible. Washrooms have limited accessibility. No gender neutral washrooms.

Language: English and French.

Email: info@argyleinstitute.org

argyleinstitute.org

Clinique de l'Alternative

514-281-9848

Mon-Thurs 8:30am – 5:30pm & Fri 8:30am – 4:00pm
Provide confidential and anonymous HIV and STI testing, abortions, contraception, gynecology, vasectomies.

Address: 2034 St. Hubert, Montréal

Accessibility: Not wheelchair accessible. \$10 with Québec Medicare card. Appointment and drop-in available.

Language: English and French.

cliniquedelalternative.com/en/index.html

Face à Face

514-934-4546

Free 8-week counselling, drop-in support groups, listening, housing resources.

Address: 980 St Antoine West Suite 101B, Montréal

Accessibility: Unknown

Language: English and French.

Email: info@faceafaceMontréal.org

faceafacemontréal.org

Montréal Sexual Assault Centre

514-934-4504 (24/7) 1-888-933-9007 (24/7)

Central, government-mandated service for supporting survivors of sexual assault. Medical services and medico-legal rape kits available on site. Services are also offered to the victim's family and close friends.

Accessibility: Toll-free telephone services 24/7. Free medical, legal, and individual therapy services. 18+ Free counselling for

anyone who has been sexually assaulted in the past year for up to six months. Up to 3 sessions of free counselling for friends and families of survivors.

Language: English and French.

Email: info@cvasm.ca

cvasm.org

Day Service — CLSC Métro

Mon-Fri, 8 am – 5 pm.

Address: 1801 de Maisonneuve Blvd. West, 3rd floor, Montréal

Language: English and French.

Night Service — Montréal General Hospital

Mon-Fri, 5 pm. – 8 am Weekends & holidays, 24hrs

Address: 1650 Cedar Ave, Montréal

ER: Des Pins Avenue entrance

Language: English only.

Multi-Écoute

514-737-3604

Mon-Fri, 9am – 12pm and 1pm – 5pm

Anonymous, free confidential listening service especially geared towards immigrants, offered in multiple languages.

Address: 3600 Avenue Barclay #460, Montréal, QC H3S 1K5

Accessibility: Listening services available by telephone & counselling is available by appointment. Few Stairs before elevator.

Language: French, English, Spanish & Arabic.

multiecoute.org

Sexual Assault Centre of the McGill Students' Society (SACOMSS)

514-398-8500 (support line)

Hours vary weekly

Drop-in and phone line active listening and support service for people of all genders and orientations. Support groups also available.

Address: 3480 McTavish, B-27, Montréal

Accessibility: All services are open to the public and are provided free of charge.

Language: English

Email: main@sacomss.org

sacomss.org

Sexual Assault Resource Centre at Concordia University (SARC)

514-848-2424 ext: 3461 (drop-in line)

Mon-Fri, 9am – 5pm

SARC provides confidential and non-judgmental support and services to Concordia University students, staff and faculty of all genders and orientations who have been affected by sexual violence and/or harassment. They also offer group meetings for survivors.

Address: 1455 De Maisonneuve Blvd. W., H-645, Montréal

Accessibility: Wheelchair accessible

Language: English

concordia.ca/students/sexual-assault.html

Legal Clinics & Services

Crime Victims Assistance Centre (CAVAC)

1-866 532-2822

514-277-9860

ext: 235 (Español)

Mon-Fri, 9am – 5pm

CAVAC services support survivors of sexual assault, as well as their family and friends. They offer front-line services that are free of charge and confidential. Their assistance focuses on providing the tools to enable crime victims to regain a sense of control over their lives as quickly as possible.

Accessibility: will depend on location, All services free of charge.

Language: will depend on location; English, French and Spanish.

cavac.qc.ca

Montréal Centre

514-277-9860

Mon-Fri, 9am – 5pm

Address: 410 Rue de Bellechasse, Montréal

Accessibility: Unknown. Beaubien Metro.

West End Montréal

514-744-5048

Mon-Fri, 9am – 5pm

Address: Confidential, can be obtained by phone.

Accessibility: Unknown. Du College Metro.

Youth Division in Montréal

514 864-1500

Mon-Fri, 8:30am – 4:30pm

Address: 410, rue de Bellechasse Est, bureau 1.045

Accessibility: Unknown. Rosemont Metro.

East End Montréal

514-645-9333

Mon-Fri, 9am – 5pm

Address: 6070 Sherbrooke Street Est, suite 207

Montréal

Accessibility: Unknown. Cadillac Metro.

cavac.qc.ca/english/index.html

Montréal Courthouse

514 393-2083

Mon-Fri, 8:30am – 4:30pm

Address: 1, rue Notre-Dame Est, bureau 5.10

Accessibility: Wheelchair Accessible. Champ-de-Mars Metro and Place-d'Armes Metro.

justice.gouv.qc.ca/english/joindre/palais

Concordia Legal Information Clinic

514-848-2424

ext: 7375

Mon-Fri, 1pm – 5pm (both locations)

Free legal information for Concordia students (no court representation).

Address: 1455 de Maisonneuve Blvd W, H-711/H-729 Montréal

7141 Sherbrooke Street W, CC-426 Montréal

Accessibility: Unknown Sherbrooke location closed during Summer.

Language: English and French.

csu.qc.ca/lic

Elizabeth Fry Society (Prisoner Rights)

514-489-2116

Responding to specific needs of women involved in the criminal justice system: a halfway house, programs and activities in prison, a program to prevent economic crimes, legal services, regional centre, and a volunteer network

Address: 5105 Chemin de la Côte St-Antoine, Montréal

Accessibility: Unknown

Language: English and French.

Email: elizabethfry@qc.aira.com

elizabethfry.qc.ca

Mile End Legal Clinic

514-507-3054

Wed, 4pm – 7pm

Legal services for residents in the Mile End.

Address: 99 Bernard Ouest, Montréal

Accessibility: Services are free; Except in exceptional situations, initial consultations do not take place over telephone or by email; please review eligibility criteria on the website below.

Language: English and French.

justicemontréal.org/en

Support Groups for Survivors

Sexual Assault Centre of the McGill Students' Society

514-398-8500

Support groups are offered based on demand throughout the school semester. Must not necessarily be a McGill student to attend. Provides an accessible, non-judgmental, and safer space for members of many different communities and identifications.

Address: 3480 McTavish, B-27, Montréal

Accessibility: Group meeting, location is confidential. Clients will be matched with a group that suits their needs. Free. 18+

Language: English

Email: supportgroups@sacomss.org, main@sacomss.org

sacomss.org/wp/services/support-groups

Sexual Assault Resource Centre at Concordia University (SARC)

514-848-2424

ext: 3461 (drop-in line)

Mon-Fri, 9am – 5pm

SARC provides confidential and non-judgmental support and services to Concordia University students, staff and faculty of all genders and orientations who have been affected by sexual violence and/or harassment. They also offer group meetings for survivors.

Address: 1455 De Maisonneuve Blvd. W., H-645, Montréal

Accessibility: Wheelchair accessible

Language: English

concordia.ca/students/sexual-assault.html

Support for Sex Workers

The Feminist Alliance in Solidarity for Sex Workers' Rights (FAS)

A Québec coalition of individuals and feminist groups working together to support and defend the rights of people working in all sectors of the sex industry.

Email: alliancefeministesolidaire@gmail.com

Accessibility: Unknown Mailing list that includes information about activities of the alliance and its affiliates. Mailing list is not a discussion space.

Language: Unknown

alliancefeministesolidaire.org/about-us.html

Stella

514-285-8889 (Support Line) 514-285-1599 (office)

Mon, Wed, Thu, Fri, 11am – 5pm (Phone & Drop-in)

Organization run by and for sex workers that provides support, resources, and information for sex workers as well as a support hotline.

Address: 2065 rue Parthenais, bureau 404, Montréal

Accessibility: Stella accepts collect calls from women in detention and prison.

Language: English and French.

Email: info@chezstella.org

chezstella.org

Support for Male Identifying Survivors

CRIPHASE

514-529-5567

Mon-Fri, 9am – 5pm

Resource and intervention centre for men who have experienced childhood sexual abuse.

Address: 8105 avenue De Gaspé, suite 100, Montréal

Accessibility: Unknown

Language: English and French.

Email: info@criphase.org

criphase.cam.org

Entraide Pour Hommes

450-672-6461

Hours unlisted

Individual counselling for men experiencing a crisis, depression, situations of conjugal violence or abuse. They also offer services for people who have been violent or have committed abuse.

Address: Confidential, can be obtained by phone.

Accessibility: Longueuil office accessible by wheelchair, some costs offered at sliding scale. Max 15 sessions. No discrimination policy.

Language: "French and some English", unclear.

Email: Email form on website.

entraidepourhommes.org

Services d'Aide aux Conjoints

514-384-6296

Mon-Fri 12pm – 6pm, caseworkers on call from 10am – 10pm

Provides assistance to men living in difficult situations. They provide individual and group support. This service also provides help to men who have been violent or abusive.

Address: Confidential, can be obtained by phone.

Accessibility: Trans, LGBTQIAA2S+ & BIPOC friendly.

Language: English and French.

serviceaideconjoints.org

Disability Support Services

Action Centre

514-366-6868

Hours unlisted

multicultural activity centre for those with physical or cognitive disabilities that aims to empower, support and include. Provides educational, recreational, and social activities, public outreach activities and peer support.

Address: 2214 Dollard Avenue, LaSalle, Montréal

Accessibility: Easily reached by metro and bus or adapted transit.

Language: English and French. 21+

Email: info@centreaction.org

centreaction.org

DAWN-RAFH

1-866-396-0074

514-396-0009

Mon-Fri, 9am – 5pm

DAWN-RAFH Canada is a resource, outreach and referral service whose mission is to end the poverty, isolation, discrimination and violence experienced by women with disabilities and Deaf women. DAWN-RAFH is an organization that works towards the advancement and inclusion of women and girls with disabilities and Deaf women in Canada.

Address: 110 Sainte-Thérèse #505, Montréal

Accessibility: Toll-free phone services available. It is unclear on their website if their office is accessible and whether it is open to the public.

Language: English and French.

Email: Confidential, contact form on their website.

dawncanada.net

BIPOC Support Initiatives

McGill Office for Students with Disabilities

514-398-6009

514-398-8198 (TTY)

Mon-Fri, 9am – 5pm

8am – 8pm (Extended Exam Period Hours)

The role of the OSD is to provide academic accommodations and services for McGill undergraduate, graduate and postdoctoral students who have a documented disability.

Address: Redpath Library Building, Suite RS56, 3459 McTavish Street, Montréal

Accessibility: Entrance is accessible by wheelchair. Call security in order to be assisted through the cardreader doors and around campus.

Language: English and French.

Email: disabilities.students@mcgill.ca

mcgill.ca/osd

Step-Free Montréal

A Facebook group by and for temporarily or permanently physically disabled people, people who use mobility aids, and people who cannot or have difficulty climbing stairs.

Accessibility: Online resource, search facebook for “Step-Free Montréal”

Language: English

All Black Everything Montréal

Working document about resources available within Montréal's Black communities.

Email: For suggestions or questions contact Shanice Yarde at shaniceyarde@live.ca

docs.google.com/spreadsheets/d/1DMJCUzFqNI53v79iYHB-so8hBvkGJbdFIYU2iVZucwrM/edit#gid=0

Black Indigenous Harm Reduction Alliance

The Black Indigenous Harm Reduction Alliance is a community organisation providing harm reduction resources, referrals and services to Indigenous peoples in Montréal. The alliance seeks to expand understandings of harm reduction in order to create adequate responses for Black and Indigenous communities.

Email: ndn.harmredux@gmail.com

Facebook: fb.me/blackindigenousharmredux
blackindigenousharmredux.com

Testimonial Cultures / Cultures du Temoignage

514 987-3000

ext: 4978

Testimonial Cultures is an action research group whose aim is to better understand the use of testimonials as a social and cultural intervention strategy. They share ideas and expertise to encourage community action, citizen participation, and social inclusion.

Address: Institut de recherches et d'études féministe, UQAM

210, Sainte-Catherine E. room VA-2230 (2nd floor), Montréal

Accessibility: Small step at entrance, security can provide assistance. Building is equipped with elevators.

Email: info@culturesdutemoignage.ca

archives@culturesdutemoignage.ca

Language: English and French.

culturesdutemoignage.ca

The Third Eye Collective

A survivor initiated grassroots collective led by self-identified women of Black/African origins. This collective is dedicated to healing from and organizing against sexual, gender-based, intimate partner, and state and institutional violence, as well as incest. Their intention is to end inter-generational violence and transform communities of African descent by prioritizing the safety and self-determination of Black women survivors through the lens of transformative justice.

Accessibility: Online resource.

Language: English

thirdeyecollective.com

LGBTQQIA2S++ Gender Non-Conforming & Non-Binary Services

Aide aux transsexuelles et transsexuels du Québec (ATQ)

1-855-909-9038

L'ATQ offre des différentes activités, conférences, groupes de rencontre, diffusion d'information et levées de fonds. L'ATQ offre aussi une ligne d'écoute et de référence, ainsi que des groupes de soutien.

Adresse: Confidentielle, communiquer par téléphone ou par courriel pour avoir accès aux services et à l'adresse.

Accessibilité: Pas confirmé.

Courriel: ecoute@atq1980.org

Service offert en: Français

atq1980.org

Argyle Institute

514-931-5629

Counselling and psychotherapy services. The PRIDE Psychotherapy Team at the Argyle Institute has received training in the principles of LGBTQIA2S+ affirmative therapy.

Accessibility: Pricing for services is offered on a sliding scale.

Wheelchair accessible though washrooms have limited accessibility. No gender neutral washrooms.

Language: English and French.

Email: PRIDE@argyleinstitute.org

argyleinstitute.org/therapy/pride

Youth & Parent Services

ASTTeQ Montréal

514-847-0067 ext: 207

Mon, 7pm – 9pm (Drop-in)

ASTT(e)Q is run by and for trans people. Offers peer support, advocacy, education, outreach, and community empowerment.

Address: 1300 Sanguinet, Montréal.

Office entrance at 300 Ste-Catherine East, 2nd floor.

Accessibility: All events and services are free or PWYC unless otherwise specified. Free transit fare for visitors, home visits & prison visits.

Language: English and French. & Spanish.

Email: info@astteq.org

astteq.org

Gai-Écoute

1-888-505-1010 514-866-0103

Helpline and information centre for people concerned with questions related to sexual orientation and gender identity. They also offer online chat support as well as email support.

Accessibility: 24/7 toll-free helpline.

Language: English and French.

Email: aide@gaiecoute.org

gaiecoute.org

Santé Trans Health

Works to promote health and social justice for Trans people in Quebec.

Accessibility: Health guidebook is available free of charge through their website.

Language: English and French.

santetranshealth.org

Head and Hands

514-504-4896

Walk-ins offered Tues & Thurs evenings

Mon, 11am – 1pm, Wed, 3pm – 5pm, Thurs, 2pm – 4pm. (helpline)

Head and Hands offer free and anonymous services for youth. They provide a walk-in health clinic including HIV testing, legal assistance, counselling, streetwork services including needle exchange and support programs for young parents.

Address: 5833 Sherbrooke ouest, Montréal

Accessibility: Services free of charge. Wheelchair accessible No healthcard required. Under 25.

Language: English and French.

Email: info@headandhands.ca

headandhands.ca

Première Resource

1-866-329-4223 514-525-2573,

Mon-Fri, 9am – 4:30pm, Wed-Thu, 6:30pm – 9pm (Sept -June)

Free counselling line for parents, parental figures & children concerning family issues.

Language: English and French.

premiereressource.com

Project 10

514-989-4585

Thurs 6:30 – 8:30pm (Drop-in)

Mon-Thurs, 12:00pm – 6:00pm (helpline)

Project 10 works to promote the personal, social, sexual and mental well being of lesbian, gay, bisexual, transgender, transsexual, two-spirit, intersex and questioning youth and adults 14 - 25.

Address: 1575 Amherst, Montréal

Accessibility: Free, confidential & anonymous. Building is not equipped with ramps. Ages 14-25.

Language: English and French.

p10.qc.ca

Ska'nyonhsa Inter-Tribal Youth Centre of Montréal

514-499-1854 ext: 2229

Located in the basement of The Native Friendship Centre, the Inter-Tribal Youth Centre aims provide all indigenous and non-indigenous youths in Montréal a safe, welcoming, and non-judgemental environment, including choices of activities in order to improve their livelihood.

Address: 2001 Boul. Saint-Laurent, Montréal

Accessibility: Unknown Under 18.

Language: English and French.

Email: Youth.coordinator@nfc.m.org

Youth.organizer@nfc.m.org

ityc.nfc.m.org

Indigenous Services

Native Friendship Centre

1-855-499-1854 514-499-1854

The Native Friendship Centre of Montréal is a non-profit, non-sectarian, autonomous community development agency whose principal mission is to promote, develop, and enhance the quality of life in the urban indigenous community of Montréal.

Address: 2001 Boul. Saint-Laurent, Montréal

Accessibility: Unknown

Language: English and French.

Email: info@nfc.m.org

nfc.m.org

Native Women's Shelter of Montréal

1-866-403-4688 514-933-4688

24/7

Offers support and frontline services to First Nations, Inuit and Métis women and children to promote their empowerment and independence. The NWSM is the only women's shelter in Montréal that provides services exclusively to indigenous women and their children. The NWSM can accommodate up to 16 women and children per night.

Address: Confidential.

Accessibility: Unknown

Language: English and French.

Email: nakuset@gmail.com

nws.m.info

Refugee, Non-Status, Immigrant & Newcomer Services

Action Gay, Lesbienne, Bisexuelle, Trans et Queer pour Immigrants et Réfugiés (AGIR)

Offers services, information, programs and resources, in addition to protecting and defending the legal, social and economic rights of migrants (asylum seekers, refugees, immigrants, and those with undetermined status).

Plessis, Bureau 311, Montréal

Accessibility: By appointment online only.

Language: English, French and Spanish.

Email: info@agirmontreal.org

agirmontreal.org

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Action Réfugiés Montréal

514-935-7799

Mon-Fri, 9am – 5pm

Address: 1439 Ste. Catherine West, suite 2, Montréal

Accessibility: Unknown

Language: English and French.

Email: info@actionr.org

actionr.org

Head & Hands

Offers legal services, health clinic those who are non-status. They provide a walk-in health clinic including HIV testing, legal assistance, counselling, streetwork services including needle exchange and support programs for young parents.

Address: 5833 Sherbrooke ouest, Montréal

Accessibility: Free of charge. Wheelchair accessible.

Language: English and French.

Email: info@headandhands.ca

headandhands.ca

L'Hirondelle

514-281-2038

Helps newcomers with socio-economic integration.

Accessibility: Unknown

Language: French

hirondelle.qc.ca

Maison Secours aux Femmes de Montréal

514-593-6353

24/7

Shelter catering specifically to immigrant women and their children experiencing abuse.

Address: 22150 Csp St-Marc, Montréal

Accessibility: Unknown

Language: French, Chinese, Spanish, Arabic, Urdu, Bengali, Hindi & Wolof.

Médecins du Monde

514 281 8998

ext: 246

Wed, 1pm – 4pm (pregnant women only)

Thurs from 1pm – 4pm

Provides free but limited health services to migrants with no medical coverage, non-status people and people in precarious financial situations.

Address: 560, boul. Crémazie Est, Montréal

Accessibility: Free and confidential service. Building is not equipped with a ramp, can request assistance from clinic workers.

Language: English and French., possibility to request translation services from volunteers to the clinic.

Email: info@medecinsdumonde.ca

medecinsdumonde.ca

Multi-Écoute

514-737-3604

Mon-Fri, 9am – 12pm & 1pm – 5pm

Listening services & referral service, help with filling out forms, translation and certification of documents, French and English courses, conversation workshops, integration workshops for immigrants, socio-cultural activities.

Address: 3600 Avenue Barclay #460, Montréal

Accessibility: Listening services available by telephone.

Counselling is available by appointment. There are a few steps to go up before being able to access the elevator.

Language: French, English, Spanish and Arabic. (phone line) English, French, Persian, Spanish. (counselling)

multiecoute.org

Primary Care Clinic for Migrants Without Health Coverage

514-609-4197

Location: Confidential - Call for appointment and location.

Accessibility: Unknown

Language: Unknown

Programme régional d'accueil et d'intégration des demandeurs d'asile (PRAIDA)

514-731-8531

Formation et sensibilisation dans la communauté et auprès des professionnels du réseau de la santé et des services sociaux quant aux besoins spécifiques des demandeurs d'asile.

Address: 5700 Côte-des-Neiges, Montréal

Accessibility: Unknown

Language: French

Solidarity Across Borders Montréal

438-933-7654

Every last Thursday of every month, a Mutual Aid Night is organized to summarize legal proceedings and basic options, share resources, answer individual questions, discuss possible political strategies and collective action.

Accessibility: Free food, childcare, transit fare and is Wheelchair accessible

Language: English, French and Spanish.

Email: solidaritesansfrontieres@gmail.com

solidarityacrossborders.org

Additional Support Services

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Silence is Violence - McGill University:

SiV is a survivor-led collective of community members at McGill to advocate for institutional accountability and tackle rape culture on campus.

facebook.com/SiVMcGill

Le Réseau d'aide aux personnes seules et itinérantes de Montréal (RAPSIM)

514-879-1949

Sa mission est la défense des droits des personnes itinérantes par la dissémination d'information, la formation, la sensibilisation, l'action communautaire, la représentation et la recherche.

Adresse: 1431, rue Fullum, suite 203, Montréal

Service offert en: Français

Email: info@rapsim.org

rapsim.org/57/aeproposedueRAPSIM.montreal



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211 General Support Line & Victim Services Directory

211 Toronto

Dial 2-1-1 1-888-340-1001

24/7

Info and referrals to community and social services.

Language: English, interpreters and translators available.

211toronto.ca

Victim Services Directory

1-888-579-2888 or 416-314-2447

This is a directory of services for victims of crime according to your location and needs.

Language: English. Interpreters and translators available.

services.findhelp.ca/ovss

Support & Distress Lines

Assaulted Women's Helpline

416-863-0511 416-364-8762 (TTY)

1-866-863-0511 1-866-863-7868 (TTY)

24/7

Crisis line and support to survivors.

Language: English, French, services in over 200 languages.

awhl.org

Fem'aide

1-877-336-2433 1-866-860-7082 (ATS)

24/7

Offre aux femmes aux prises avec la violence du soutien, des renseignements et de l'aiguillage vers les services appropriés dans leur collectivité.

Service offert en: Français

femaide.org

Gerstein Centre

416-929-5200

24/7

Support during mental health crises

Language: English, access to interpreters available.

gersteincentre.org

Ryerson University Sexual Assault Survivor Support Line

416-260-0100

Mon-Fri, 8am – 1am (hours differ in summer months)

Peer-to-peer support for survivors. Open to all.

Language: English

rsuonline.ca/sexual-assault-survivor-support-line

The Redwood Crisis Line

416-533-8538 416-533-3736 (TTY)

24/7

Housing, counselling and legal support for women leaving violence.

Language: English, interpretation services available in 170 different languages.

theredwood.org

Toronto Rape Crisis Centre/Multicultural Women Against Rape (TRCC/MWAR)

416-597-8808 416-597-1214 (TTY)

24/7

Confidential feminist peer support to survivors.

Address: 17 Phoebe St, Toronto

Accessibility: Wheelchair accessible

Language: English, interpreters and translators available.

Email: crisis@trccmwar.ca

trccmwar.org

York University Survivor Support Line

416-650-8056

24/7 (hours differ in summer months)

Support line for survivors of gender-based violence, open to the public.

Language: English

sassl.info.yorku.org

Emergency & Acute Support Services

Sexual Assault & Domestic Violence Care Centre at Women's College Hospital

416-323-6040

24/7 (Crisis line)

Fri, 11pm – Mon, 7:30am

Counselling support to all individuals. Nurses are mobile and can come to the following emergency departments in Toronto at hours listed above:

Mount Sinai, Toronto General, Toronto Western, Michael Garron, St. Michaels, St. Joseph's, Sunnybrook.

Address: 76 Grenville St, Toronto, Ground floor (in the AACU), Room 1305

Accessibility: Free. Waitlist. Wheelchair accessible. Must be 14+ & a survivor of SA in past 7 days. 16+ for counselling services.

Language: English, interpreters available

womenscollegehospital.ca/programs-and-services/sexual-assault-domestic-violence-care-centre

Sexual Assault & Domestic Violence Care Centre at The Scarborough Hospital

416-495-2555

24/7

Care to individuals who have been sexually assaulted or experienced intimate partner violence. Emergency response is available at both hospital campuses.

Address: 3050 Lawrence Ave. E, Toronto

3030 Birchmount Rd, Scarborough

Accessibility: Wheelchair accessible. Must be aged 12+ & a survivor of SA in past 7 days.

Language: English, interpreters available.

tsh.to/areas-of-care/emergency/sexual-assault-and-domestic-violence

Victim Services

416-808-7066

24/7

Offers crisis response and intervention, trauma, safety and support services and referrals.

Language: English, interpreters available.

victimsvicestoronto.org

Shelters

Central Intake for Emergency Shelters

1-877-338-3398 416-397-5637

Central phone line for individuals and families seeking shelter within Toronto according to needs & location.

Language: English and interpreters available.

toronto.ca/wps/portal/contentonly?vgnextoid=e29dd4b-4920c0410VgnVCM10000071d60f89RCRD

Dr. Roz' Healing Place

416-264-0823 416-265-4755 (TTY)

416-264-4357

Provides front-line counselling, transitional support, child and youth services, income support resources, legal referrals, safety planning to women leaving violence.

Accessibility: Wheelchair accessible

Language: English and interpreters available.

drrozshhealingplace.org

Ernestine's Women's Shelter

416-743-1733 416-746-3701

416-746-3716 (TTY)

Shelter, counselling, housing support, legal support, child and youth services.

Accessibility: Wheelchair accessible

Language: Chinese, French, Gujarati, Hindi, Punjabi, Spanish, Tagalog, Urdu, English.

ernestines.org

Interval House

416-924-1411 416-924-1491

416-924-0899 (TTY)

Shelter, housing and resettlement services, counselling, safety plan development, crisis intervention and support to women and children leaving violence.

Accessibility: Wheelchair accessible

Language: English and interpreters available

intervalhouse.org

Juliette's Place (Homeward Family Shelter)

416-724-1316

Provide in-house and phone crisis intervention, emergency and short-term shelter, personal and group counselling, legal referrals, art therapy, basic needs support.

Accessibility: Wheelchair accessible

Language: English and interpreters available

julliettesplace.org

Nellie's

416-461-1084

36-bed emergency shelter for women and their children leaving violence, poverty, and homelessness. Referrals, outreach, housing support, youth program and peer support.

Accessibility: Accessible entrance and one accessible bedroom and bathroom.

Language: English and interpreters available

Email: community@nellies.org (non-urgent matters)

nellies.org/programs-and-services/shelter-program/

North York Women's Shelter

416-635-9427 416-635-9630

Provides shelter, crisis support, support groups for women and parents, trauma-informed, children-focused programming and counselling.

Accessibility: Wheelchair accessible

Language: English, French, Italian, German, Spanish, Hungarian, Arabic, Punjabi, Portuguese, Urdu, Somali, Bengali, Hindi, Mandarin, West Indian dialects, Cree, Fanti, Swahili

nyws.org

Women's Habitat

416-252-1785 416-252-5829

416-252-0361 (TTY)

Provides shelter, drop-in, housing support, youth programs for women and children.

Accessibility: Wheelchair accessible

Languages: English, Portuguese, Spanish, Arabic, interpreters available

womenshabitat.org

YWCA Arise: Crisis Line

416-929-3316

Temporary shelter for women and children leaving violence, including housing support, medical and legal referrals, counselling, clothing bank, safety plan development.

Accessibility: Not wheelchair accessible.

Language: Mandarin, Polish, Hindu, Croatian, Slavian, Punjabi, Urdu

Email: arise@ywcatoronto.org

ywcatoronto.org/page.asp?pid=143

YWCA Women's Shelter

1-888-843-9922 416-961-8100

416-693-7342

Temporary housing and shelter for women experiencing abuse. Counselling, substance abuse, legal support, referrals, safety plan development and employment services.

Accessibility: Wheelchair accessible

Language: Hindi, Bengali, Hurdu, Punjabi, French, Farsi, Dari, Dutch, Portuguese, Spanish, Creole, Kiswahili, Somali, Italian, Arabic, Tamil, Ndebele, Shona, Zulu, Tsuana, Azeri, German, Nuer and basic American Sign Language

ywcatoronto.org/page.asp?l1=52&l2=142&pid=144#jp-0

Counselling, Advocacy & Referral Services

Abrigo (Violence Against Women Program)

416-534-3434

Crisis and support services to women and their children who are experiencing domestic violence.

Address: 1645 Dufferin Street, Toronto

Accessibility: Wheelchair accessible

Language: Portuguese, English.

abrigo.ca/services/vaw

COSTI (Violence Against Women Program)

416-244-7714 905-669-5627

Mon-Fri, 8:30am – 4:30pm (Intake)

Wed, 8:30am – 9pm (By appointment)

Telephone and in person crisis counselling, safety planning & transition support to Italian and Italian-Canadian women and children.

Address: Sheridan Mall, 1700 Wilson Ave, Suite 105, Toronto

3100 Rutherford Road, Suite 102, Vaughan

Accessibility: Wheelchair accessible

Language: English, Italian, Spanish.

costi.org/programs

Family Service Toronto

(Violence Against Women Program)

416-595-9618

ext: 422

Mon-Fri, 9am – 5:30pm

For, recent, ongoing or historical abuse survivors.

Address: 202-128A Sterling Rd, Toronto

Accessibility: Wheelchair accessible

Language: English, Tamil, Somali, Urdu, Hindi, Farsi, Dari and Pashto.

familyservicetoronto.org/our-services/programs-and-services

Jewish Family & Child (Women Abuse Program)

416-638-7800 (Intake)

Services to women leaving abuse and violence. Crisis support, assessment, individual and group counselling, financial assistance, emergency housing, education and referrals.

Address: 4600 Bathurst street, 1st Floor and 35 Madison Ave, Toronto & Thornhill location

Accessibility: Bathurst & Thornhill sites are Wheelchair accessible.

Bloor site is not. Income-based sliding scale. Nobody denied.

Language: English, Hebrew, Russian

Email: info@jfundcs.com

jfundcs.com/woman-abuse-services

Oasis Centre des Femmes

1-877-336-2433 416-591-6565

24/7

Fourissent des services de consultation et suivi psychosocial, soutien à la cour familiale, services transitoires et soutien de logement, services pour les femmes immigrantes et réfugiées.

Accessibilité: Accessible par fauteuil roulant.

Langue: Français

oasisfemmes.org

The Scarborough Centre for Healthy Communities

416-847-4144

Free one-to-one counselling to people who have experienced sexual assault, domestic violence or childhood sexual abuse. Individuals 12+ are eligible to receive counselling with or without OHIP or immigration status.

Address: Various locations

Accessibility: Will depend on location.

Language: English, interpreters available.

schonario.ca/sexual-assault-and-domestic-violence-care-centre

TIRP Low-Cost Therapy

Student therapists. Individual therapists have listed their contact and address info online.

Accessibility: will vary depending on therapist. Sliding scale.

Language: will vary depending on therapist.

tirp-lowcosttherapy.org

Toronto Rape Crisis Centre/Multicultural Women Against Rape (TRCC/MWAR)

416-597-1171

TRCC/MWAR provides a wide range of services to all survivors of sexual violence, family members and friends. They also offer advocacy, court support, childcare, support groups, prison support, latin american women's program, information, referrals.

Address: 17 Phoebe St., Toronto

Accessibility: Wheelchair accessible. Free and confidential.

Language: English, Interpreters and translators available.

Email: info@trccmwar.ca

trccmwar.org

Trauma Therapy Program (TTP) Women's College Hospital

416-323-6230

TTP offers confidential, time-limited psychotherapy to women and men who have experienced childhood interpersonal trauma specifically.

Address: 76 Grenville Street, 7th floor, Toronto

Accessibility: Wheelchair accessible. Requires a referral via family doctor. Health card required. OHIP coverage.

Language: English, interpreters available.

womenscollegehospital.ca/programs-and-services/mental-health/trauma-therapy-program

Women Recovering from Abuse Program (WRAP) Women's College Hospital

416-323-6230

Mon-Thurs, 9am – 1pm

Intensive group therapy program & individual therapy for survivors of physical, emotional, sexual abuse and/or neglect in childhood.

Address: 76 Grenville Street, 7th floor, Toronto

Accessibility: Wheelchair accessible. Self-referrals accepted. Health card required. Prior SA/trauma therapy & group SA/trauma therapy experience required.

Language: English. Interpretation services available for individual support.

womenscollegehospital.ca/programs-and-services/mental-health/trauma-therapy-program/wrap

Women's Connection Program

416-537-8222 416-537-2455

Counselling and referral services for women.

Address: 1229 Queen St. W, Toronto

27 Roncesvalles, Toronto (Satellite site)

Accessibility: Wheelchair accessible. Free. Confidential. 16+

Language: English, interpreters available.

Email: womensconnection@pchc.on.ca

pchc.on.ca/programs-services/womens-connection-program/counsellingandeducation

Drop-in Counselling

Family Service Toronto

416-595-9618

Wed, 3:00pm – 6:00pm (Resigstration)

Wed, 3:30pm – 7:30pm (Counselling)

Free drop-in counselling on first-come-first serve basis. 60-minute sessions.

Address: 128A Sterling Road, Toronto

Accessibility: Wheelchair accessible. **Free. No appointment.**

No health card. 3 sessions/year.

Language: English, call to request additional languages.

familyservicetoronto.org

What's Up Walk-in

5 days a week, hours depend on location

Free walk-in mental health counselling. Six locations across Toronto. Mental health counselling for children, youth, young adults and their families, and families with infants is available. Not an emergency or crisis service.

Address: Various locations.

Accessibility: Free

Language: English, additional languages will depend on location.

whatsupwalkin.org

Woodgreen

416-645-6000

Tues-Wed, 4pm – 6:45 pm (Resigstration)

Tues-Wed, 4:30pm – 8:30pm (Counselling)

Drop-in counselling on first-come-first serve basis. 45-60 minute sessions.

Address: 815 Danforth Avenue, Toronto

Accessibility: Wheelchair accessible. **Free. Language:** English, call to request additional languages.

woodgreen.org

Legal Clinics & Services

Barbara Schlifer Clinic

416-323-9149

ext: 278

You can speak with a legal in-take worker who can provide information about the legal process for survivors and connect you to legal advice/representation according to your needs. Also offers groups, counselling, advocacy, court support for survivors.

Address: 489 College St, 5th Floor, Toronto

Accessibility: Wheelchair accessible

Language: English, French, interpreters available in over 200 languages.

Email: ist@schliferclinic.com

schliferclinic.org

Elizabeth Fry Toronto

1-855-924-3708

416-924-3708

For women who are or have been in conflict with the law or experienced violence, offers transitional housing and community supports, counselling services, trauma support.

Address: 215 Wellesley Street East, Toronto

Accessibility: Wheelchair accessible

Language: English, interpretation services available depending on the program.

Email: info@efrytoronto.org

efrytoronto.org

Independent Legal Advice for Survivors of Sexual Assault Pilot Program

1-855-226-3904

If you are a survivor of sexual assault living in the City of Toronto, the City of Ottawa, and the District of Thunder Bay, you may be eligible to receive free legal advice to help you make informed decisions about your next steps. This service is available to you at any time after the sexual assault has occurred. Legal representation is not provided under this pilot program (e.g., the lawyer cannot speak for you in court).

Accessibility: Wheelchair accessible. **Free and confidential. Max 4 hours of legal advice.**

Language: English, French, interpreters available.

attorneygeneral.jus.gov.on.ca/english/ovss/ila.php

Ontario Women's Justice Network (METRAC)

416-392-3138

416-392-3135

Mon-Fri, 9am – 5pm

OWJN supports survivors of violence to help them understand legal rights in Ontario. They do not give legal advice. OWJN contains information on relevant legal issues, including written law (legislation) and case law (court decisions).

Language: English and multilingual services.

Email: info@metrac.org

owjn.org/owjn_2009

The Office of Sexual Violence Support & Education at Ryerson: How to File a Report

This guide can assist you in understanding each option and necessary information to make an appropriate decision that best suits your needs.

Accessibility: Online resource

ryerson.ca/sexual-violence/get-support/file-a-report

Victim/Witness Assistance Program

1-866-429-5955

416-314-2447

416-325-1668

Support for victims involved in court proceedings. For victims, you are entitled to a caseworker if charges have been laid. Access a caseworker for information and support or apply for emergency funds from Victim Quick Response Program.

Address: 700 Bay Street, Toronto

Accessibility: Wheelchair accessible

Language: English, French, interpreters available.

attorneygeneral.jus.gov.on.ca/english/ovss/VWAP-English.html

Support Groups for Survivors

Jean Tweed

416-255-7359 (Trauma Services)

Groups, counselling, assessments, referrals, residential programs, for women experiencing problems with substance use and/or gambling. Trauma support groups offered.

Address: 215 Evans Avenue, Toronto

Accessibility: Wheelchair accessible

Language: English

Email: info@jeantweed.com

jeantweed.org

North York Women's Centre

416-781-0479

Mon-Thurs, 10am – 4pm

NYWC offers groups, support, information and referrals and community-based services to women.

Address: 116 Industry Street, Toronto

Accessibility: Wheelchair accessible

Language: English, interpreters available

nywc.org

Scarborough Women's Centre

416-439-7111

Offers free groups, counselling, referrals, housing, legal & employment support.

Address: 2100 Ellesmere Road, Suite 245, Scarborough

Accessibility: Wheelchair accessible entrance along Markham Road, and washrooms. Free.

Language: English

scarboroughwomenscentre.org

Sheena's Place

416-927-8900

Mon-Thurs, 9am – 8pm Fri, 9am – 5pm

Services for women and their families and friends affected by eating disorders or body image issues. Provides support groups in skills building, body image, expressive arts.

Address: 87 Spadina Road, Toronto

Accessibility: Not wheelchair accessible. 17+

Language: English, interpreters available.

sheenasplace.org

Sistering

416-926-9762

416-926-1956 (Drop-in)

Mon-Fri, 9am – 5pm 24/7 drop-in

Services for women 18+, anti-poverty/homelessness resources, drop-in center, crisis support, groups, referrals, advocacy.

Address: 962 Bloor St West, Toronto

Accessibility: Wheelchair accessible

Language: English, Spanish & Chinese.

sistering.org

Services for Sex Workers

Butterfly: Asian and Migrant Sex Workers

Network: Support Line

416-906-3098 (Support line)

24/7

Formed by sex workers, they offer advocacy, legal support, outreach, emergency & health support and counselling to Asian and migrant sex workers.

Language: English, Mandarin, Cantonese.

Email: cswbutterfly@gmail.com

Butterflysw.org

Maggie's Toronto

416-964-0150

Tues-Thurs, 4pm – 6pm Wed, 2pm – 5pm,

Run for and by local sex workers, sexual health support, work safety, workshops, legal info, counselling, work tips, groups, programming for Indigenous sex workers, harm reduction supplies, free needle kits and condoms.

Address: 526 Richmond Street East, 1st Floor, Toronto

Accessibility: Wheelchair accessible. By appointment.

Language: English

Email: maggiesinformation@gmail.com

maggiesutoronto.org

Services for Male Identifying Survivors

Family Services of Toronto

416-595-9618

Counselling for male survivors.

Address: 202-128A Sterling Rd, Toronto

Accessibility: Wheelchair accessible. 8 free sessions. Sliding scale for additional sessions. 16+

Language: English, French, Spanish, Farsi, additional languages may be available.

familyservicetoronto.org/our-services/programs-and-services

Support Services for Male Survivors of Sexual Abuse Programs

1-866-887-0015

24/7

Support line for male survivors, recent and historical, to find services according location and needs.

Language: English and multilingual.

attorneygeneral.jus.gov.on.ca/ovss/male_support_services

Vanauley St. YMCA Centre

416-504-9700

24/7

40-bed emergency shelter, harm reduction, trauma-informed residential services to at-risk homeless male-identifying youth.

Accessibility: Wheelchair accessible. Ages 16-24.

Language: English, translators may be available upon request.

mcagta.org/youth-programs/youth-housing

Disability Support Services

sprOUT — The Griffin Centre

416-222-1153

Community family support, day support, transitional support programs for youth, families of youth, adults with developmental disabilities and mental health challenges. sprOUT connects LGBTQ+ people labelled with intellectual disabilities with one another.

Address: 1126 Finch Ave West, Unit 16, Toronto

Accessibility: Wheelchair accessible

Language: English, interpreters available.

Email: contact@griffincentre.org

griffin-centre.org

Women with Disabilities Outreach Program Scarborough Women's Centre

416-439-7111 ext: 3

Aims to empower women with disabilities, provide workshops and leadership development opportunities.

Address: 2100 Ellesmere Road, Suite 245, Scarborough

Accessibility: Wheelchair accessible entrance on Markham Road, and washrooms. Free. Must self-identify as having a disability.

Language: English

Email: program@scarboroughwomenscentre.ca

scarboroughwomenscentre.ca/women-with-disabilities

BIPOC Support Initiatives

Across Boundaries

416-787-3007

Case management, counselling and crisis prevention and intervention to racialized communities.

Address: 51 Clarkson Avenue, Toronto

Accessibility: Wheelchair accessible

Language: English, Shona, Amharic, Harare, Xhosa, Tsonga, Afrikaans, Swahili, Somali, Twi, Dari, Pashto, Farsi (Persian), Punjabi, Hindi, Urdu, Bengali, Mandarin, Caribbean Dialects.

acrossboundaries.org

Black Women in Motion

647-448-2531

This initiative provides an opportunity for young women in the community to get together in a safe, relaxed, fun and enjoyable atmosphere, where they can talk, explore, dream and plan. Gives young women between the ages of 15-24, the tools and support needed to achieve their personal and professional goals.

Accessibility: Wheelchair accessible. Ages 15-24.

Language: English

Email: info@blackwomeninmotion.ca

blackwomeninmotion.ca/this-means-waar/

Women's Program Centre for Spanish Speaking Peoples

416-533-8545

Legal rights, court escorting, telephone and in-person crisis counseling, individual counselling, assessment for children/witnesses of abuse, support groups and long-term support programs.

Address: 141 Jane Street, 2nd Floor, Toronto

Accessibility: Wheelchair accessible office available by request.

Language: Spanish, English

Email: info@spanishservices.org

spanishservices.org/en/programs-and-services

Violence Against Women Program Chinese Family Services of Ontario

1-866-979-8298 416-979-8299

Mon, Wed & Fri, 9am – 5pm, Tues & Thurs, 9am – 8:30pm

Counselling, referrals, crisis intervention, case management, transitional housing services.

Address: 3330 Midland Avenue, Suite 229, Scarborough

Accessibility: Wheelchair accessible

Language: English, Cantonese, Mandarin, additional languages and interpreters available.

chinesefamilyso.com/en

Jamaican Canadian Association

416-746-5772

Services for Black women. information, referrals, counselling, groups for survivors, legal, medical, housing, assistance in settlement for newly arrived immigrants/refugees.

Address: 995 Arrow Road, Toronto

Accessibility: Wheelchair accessible. 16+ For black femmes.

Language: English, Twi, Akan, interpreters available.

jcaontario.org

Sonny Berenson

Sun-Mon

Sonny practices sensorimotor (body) and relational (talk) psychotherapy. Sonny's work is rooted in social and disability justice with a focus on queer and trans youth.

Accessibility: \$20 rate for those who identify as QBIPOC.

Address: 240 Roncesvalles Avenue, Toronto

Email: sonnyberenson@gmail.com

sonnyberenson.wordpress.org

South Asian Women's Centre (Violence Against Women Program)

416-537 2276

Mon-Fri, 9am – 4pm

Women are provided culturally sensitive counselling, information and referrals.

Address: 800 Lansdowne Avenue, Unit 1, Toronto
(various locations)

Accessibility: Wheelchair accessible

Language: English, Bengali, Hindi, Kanada, Marathi, Malay, Nepalese, Oriya, Punjabi, Sinhalese, Tamil, Telegu, Tibetan, Sindhi, Asamese, Urdu, interpreters available.

sawc.org

Women's Health in Women's Hands

416-593-7655

Mon-Thurs, 9am – 8pm Fri, 9am – 5pm

3rd Saturday of the month 10am – 4pm

Primary healthcare, wellness and mental health services to racialized women from the African, Black, Caribbean, Latin American and South Asian communities.

Address: 2 Carlton Street, Suite 500, Toronto

Accessibility: Wheelchair accessible

Language: English. Interpreters available.

whiwh.org

LGBTQQIA2S++ Gender Non-Conforming & Non- Binary Services

The 519 Community Centre

416-392-6874

Offers counselling, support groups, legal assistance, drop-in meals, referrals and homeless resources.

Address: 519 Church St, Toronto

Accessibility: Wheelchair accessible

Language: English

the519.org

David Kelley LGBTQIA2S++ Counselling at Family Service Toronto

416-595-9618

ShortTerm, individual, couple and family counselling.

Address: 202-128A Sterling Rd, Toronto

Accessibility: Wheelchair accessible

Language: English, additional languages and interpreters available upon request.

Email: sau@familyservicetoronto.org

familyservicetoronto.org/our-services/programs-and-services/david-kelley-services

Hassle Free Clinic

416-922-0566

LGBTQQIA2S++, queer and trans-positive, medical and counselling services.

Address: 66 Gerrard Street East, 2nd Floor, Toronto

Accessibility: Wheelchair accessible

Language: Cantonese, Mandarin, Hindi, Italian, Spanish, Urdu, interpreters available.

hasslefreeclinic.org

Sherbourne Health Centre

416-324-4103

Primary health care and counselling services, support groups, workshops.

Address: 33 Sherbourne Street

Accessibility: Wheelchair accessible

Language: English, interpreters may be available upon request.

Email: info@sherbourne.on.ca

sherbourne.on.org

YMCA Sprott House

647-438-8383

Transitional housing for up to 25 young people who identify as LGBTQ2S.

Address: 21 Walmer Road, Toronto

Accessibility: not Wheelchair accessible Ages 16-24.

Language: English, interpreters may be available upon request

mcagta.org/youth-programs/youth-housing

Youth Support & Distress Lines

BroTalk

1-866-393-5933

24/7

Confidential and anonymous counselling service for male youth 14-18.

Accessibility: Chat support available via website, times vary according to province. Ages 14-18.

Language: English, French.

brotalk.org

Good2Talk

1-866-925-5454

24/7

Free, confidential helpline providing counselling, information, referrals for mental health, addictions and well-being to youth 17-25.

Accessibility: Free and confidential. Ages 17-25.

Language: English, French, interpreters available.

good2talk.org

Kids Help Phone

1-800-668-6868

24/7

Confidential and anonymous counselling service for youth 20 and under. Chat support available via website, times vary according to province.

Accessibility: Free and confidential. Ages 20 and under.

Language: English, French

Kidshelpphone.ca/Teens/home.aspx

Youth Line

1-800-268-9688

416-962-9688

647-694-4275 (text)

Sun-Fri, 4pm – 9:30pm

Confidential and non-judgemental peer support for lesbian, gay bisexual, transgender, transsexual, two-spirited, queer and questioning youth.

Accessibility: Trans inclusive. 26 and under.

Language: English

Email: askus@youthline.ca

youthline.org

Youth Services

Central Toronto Youth Services

416-924-2100

Support to youth ages 12-18 through outreach, individual and family counselling, group support, youth justice support and much more.

Address: 65 Wellesley Street East, Suite 300, Toronto

Accessibility: Wheelchair accessible

Language: English, interpreters available.

Email: mail@ctys.org

ctys.org

Skylark: Children, Youth & Families

416-482-0081

Support services to youth 13-21, including counselling, a group home, day treatment, in-school programs, youth gallery, studio drop-in centre, case management.

Address: 40 Orchard View Blvd., Suite 255, Toronto

Accessibility: Wheelchair accessible. Ages 13-21.

Language: English, interpreters available upon request.

Email: reception@skylarkyouth.org

delisleyouth.org

East Metro Youth Services (Child & Youth Exploitation & Trauma Treatment)

416-438-3697

Case management, individual & group counselling, transitional support, trauma support for survivors of human trafficking, counselling to victims of internet sexual exploitation.

Address: 1200 Markham Rd, Scarborough

Accessibility: Wheelchair accessible. Ages 14-24.

Language: English, interpreters available upon request.

Email: it@emys.on.ca

emys.on.org

Egale Youth Outreach

1-844-443-4253

Mon-Fri, 11am – 7pm 3pm – 7pm (Drop-in)

Drop-in crisis counselling, long-term counselling, homelessness and suicide crisis services, peer support, groups for LGBTQIA2S++ youth.

Address: 185 Carlton St., Toronto

Accessibility: Not Wheelchair accessible. 29 and under.

Language: English

Email: outreach@egale.ca (not for emergencies)

egale.ca/outreach

Supporting Our Youth (SOY)

Sherbourne Health Centre

416-324-5077

SOY supports the health and wellbeing of all queer and trans spectrum youth, with groups, programs, events and one-on-one support.

Address: 333 Sherbourne Street, 2nd Floor, Toronto

Accessibility: Wheelchair accessible. 29 and under.

Language: English, interpreters available upon request.

Email: soy@sherbourne.on.ca

soytoronto.org

Suspected Child Abuse and Neglect (SCAN) Program

416-813-6275

416-813-7500 (24/7)

Mon-Fri, 9am – 5pm

If you or your children have been abused, SCAN can offer care, support and assessment to children and teenagers. They provide a link between SickKids and community doctors, hospitals, Children's Aid Societies, police, schools and other community agencies.

Address: 555 University Avenue, Toronto

Accessibility: Wheelchair accessible. By appointment.

Language: English, interpreters available.

sickkids.ca/SCAN/index.html

SWEET Program for Youth East Toronto Youth Services

416-452-3018

Trauma-based counselling services for youth involved in the sex trade.

Address: 1200 Markham Rd, Scarborough

Accessibility: Wheelchair accessible

Language: English, interpreters available.

emys.on.ca/sweet-program – youth-involved-sex-trade

Youthlink

416-967-1773

Drop-in, counselling services, Youth Advocating Anti-Homophobia Awareness (YAHA), residential treatment for women, education support, co-op housing, mentorship, wrap-around services, family support, parenting support for youths' families.

Address: 747 Warden Avenue, Scarborough

Accessibility: Wheelchair accessible

Language: English, Mandarin, Cantonese, Urdu, Hindi, Armenian, French, interpreters available.

Email: info@youthlink.ca

youthlink.org

rites for African-Canadian youth

416-924-2100 (Ask for Maxine Brown)

Central Toronto Youth Service's Black Youth Program promotes positive youth development, strengthens racial identity, builds resilience and provides mental health support.

Address: 65 Wellesley Street East, Suite 300, Toronto

Accessibility: Wheelchair accessible. Black youth only.

Language: English, interpreters available

Email: mail@ctys.org

ctys.org/category/programs

Queer Asian Youth (QAY)

416-963-4300 ext: 229

Mon-Fri, 10:30am – 6pm

QAY provides social spaces for gay, lesbian, bisexual, transsexual, transgender, queer, curious, undecided, or questioning East and Southeast Asian youth and their friends.

Address: 260 Spadina Ave, Suite 410, Toronto

Accessibility: Not wheelchair accessible.

Language: English, Tagalog, Vietnamese, Cantonese, Mandarin, Japanese, Korean

Email: youth@acas.org

facebook.com/acas.qay

Youth Shelters

Covenant House

1-800-435-7308 416-593-4849

24/7

96-bed emergency shelter, transitional housing, support services to youth 16-24 leaving violence.

Accessibility: lift available and support required inside building, Wheelchair accessible. Accessible washrooms.

Language: English. Additional languages may be available upon request.

covenanthousetoronto.org

Eva's Place

416-441-1414

24/7

A safe space and support for homeless youth aged 16-24 every night. Their harm reduction team offers group and individual counselling, education on safer drug use strategies and access to safe drug supplies in a nonjudgmental environment.

Address: Various locations

Accessibility: Wheelchair accessible at all locations.

Language: English, interpreter services may be available upon request.

Email: info@evas.ca

evas.org

Services for Pre- & Post-Natal Survivors

Jessie's

416-365-1888

Free services to pregnant parents 19 and under, including counselling, health services, housing support, high school education assistance, parental respite services and community education.

Address: 205 Parliament St, Toronto

Accessibility: Wheelchair accessible

Language: English, interpreters available.

jessiescentre.org

Reproductive Life Stages Program (RLS) Women's College Hospital

416-323-6230

Assessment and short-term trauma treatment for women experiencing new or recurrent mental health problems during reproductive life stages (i.e. menstrual cycle, pregnancy, postpartum).

Address: 76 Grenville Street, 7th floor, Toronto

Accessibility: Wheelchair accessible. Physician/midwife's referral is required.

Language: English, interpreters available.

womenscollegetherospital.ca/programs-and-services/mental-health/RLS

Indigenous Support Services

2-Spirited People of the 1st Nations

416-944-9300

Counselling, referrals, workshops, talking circles, buddy program for Indigenous people who identify as two-spirit and LGBTQIA+.

Address: 145 Front Street East, Suite 105, Toronto

Accessibility: Wheelchair accessible

Language: English

2spirits.org

Indigenous Legal Services

416-408-3967

1-844-633-2886

Mon-Fri, 9am – 5pm

Legal-related programs for Indigenous people such as court workers, legal clinics, litigation, gladue, law reform and advocacy, Indigenous Status courts, border crossing rights and more.

Address: 211 Yonge Street, Suite 500, Toronto

Accessibility: Wheelchair accessible

Language: English, interpreters may be available upon request

indigenouslegal.org

Anduhyaan

416-920-1492 ext: 221 (shelter) ext: 227 (counselling)

Mobile crisis support, housing support, emergency shelter for Indigenous women and children.

Accessibility: Not wheelchair accessible.

Language: English

anduhaun.org

Anishnawbe Health Toronto

416-891-8606

416-891-8606

24/7

Primary health care, counselling, youth support, traditional care, addiction services, case management, pre and post-natal support, psychiatric support, crisis management support.

Address: Various locations (Queen St. East, Gerrard St. East, Vaughan Road)

Accessibility: Wheelchair accessible at all locations.

Language: English, Cree, Ojibway

Email: info@aht.ca

aht.org

Native Child & Family Services (Women Abuse Program)

416-969-8510

Support programs and children protection services for Indigenous women leaving violence.

Address: Main site: 30 College Street, Toronto

Accessibility: Wheelchair accessible

Language: English and additional Indigenous languages may be available.

E-mail: info@nativechild.org

nativechild.org

Refugee, Non-Status, Immigrant & Newcomer Services

Native Women's Resource Centre of Toronto

416-963-9963

Mon-Fri, 10am – 4:30pm 12:30pm – 1:30pm (Lunch)
Counselling, legal and medical assistance,
housing support, emergency shelters, substance
abuse support, employment services for Indige-
nous women

Address: 191 Gerrard St. East, Toronto

Accessibility: Wheelchair accessible

Language: English, Cree, Ojibway
nwrc.t.org

Access Alliance Multicultural Community Health Centre

416-324-8677

Primary healthcare, sexual health services, settlement ser-
vices, counselling, walk-in clinic, groups, language skills,
LGBTQIA2S+ support.

Address: 340 College Street, Suite 500, Toronto

Accessibility: Wheelchair accessible

Language: English. Interpreters available upon request.
accessalliance.org

The Arab Community Centre of Toronto (ACCT)

416-231-7746

ACCT provide settlement support services to
newcomers including housing assistance, coun-
selling, immigration and legal aid, and the Syr-
ia newcomers program.

Address: 898 Markham Road, Toronto

555 Burnhamthorpe Road, Suite 209, Etobicoke

Accessibility: Wheelchair accessible

Language: English and Arabic
acctonline.org

Canadian Centre for Victims of Torture

416-363-1066

Specialized counselling, support groups, social
services, settlement services, language services
and coordinated health care for victims of tor-
ture, refugees, newcomers and their families.

Address: 192 Jarvis Street, Toronto

Accessibility: Wheelchair accessible

Language: English and interpreters available upon request

Email: mabai@ccvt.org

ccvt.org

Riverdale Immigrant Women's Centre (Violence Against Women & Children Program)

416 465-6021

RIWC offers settlement, language training,
anti-violence and employment services, safety
planning, crisis support, long-term therapeutic
counselling and skills training.

Address: 326 Gerrard St. East, Toronto

Accessibility: Wheelchair accessible. Trans inclusive but inexpe-
rienced with trans clients.

Language: Arabic, Bengali, Cantonese, English, Farsi, French,
Gujarati, Hunan, Hindi, Katchi, Mandarin, Marathi, Punjabi,
Spanish, Swahili, Tamil, Tagalog, Turkish and Urdu.

riwc.org

Rexdale Women's Centre (Violence Prevention and Crisis Intervention)

416-745-0062

Mon, Tues, Thurs, Fri, 9am – 5pm Wednesday 9am – 8pm

Counselling for immigrant and refugee women
experiencing abuse, crisis counselling, medical
and legal referrals, accompaniment, support
groups.

Address: 925 Albion Road, Suite 309, Etobicoke

Accessibility: Wheelchair accessible

Language: Arabic, Assyrian, Bosnian, Croatian, Dari, Spanish,

Farsi, Gujarati, Hindi, Mandarin, Pashto, Punjabi, Serbian, So-
mali, Tamil, TWI, Urdu, Bengali, French.

rexdalewomen.org

Toronto Community Services Resource Guide for Non-Status Immigrants

Directory of services and programs for individu-
als who lack secure immigration status, require
sexual health and medical clinics, counselling,
are experiencing abuse, legal advice, need
LGBTQ support.

Accessibility: online resource

Language: Depending on the service and provider.

migrationhealth.ca/sites/default/files/files/CommunityRe-
sourceGuideforNonStatusImmigrants_2010_English.pdf

Working Women Community Centre (Women's Support Services)

416-532-2824

Short-term action oriented counselling for wom-
en experiencing abuse. Counselors also run
support groups to address a variety of issues,
especially settlement and abuse.

Address: 533A Gladstone Avenue, Toronto

Accessibility: Will depend on location.

Language: Spanish, Farsi, Mandarin, Arabic, Portuguese, and
English

Email: admin@workingwomenc.org

workingwomenc.org/programs-services/womens-support-ser-
vices

Grassroots Initiatives

Femifesto

A feminist organization working to shift rape culture to consent culture through education, training and research on gender-based violence. They provide workshops, training and other consulting services.

Accessibility: Online resource

Email: info@femifesto.ca

Facebook: fb.me/femifesto
femifesto.org

Pomegranate Tree Group (PTG)

A not-for-profit organization committed to healing justice. They support diverse communities' resiliencies through critical conscious raising, research, and consulting.

Email: info@pomegranatetreegroup.ca
pomegranatetreegroup.farrakhhan.org

Reclaim Your Voice

A nonprofit event series in Toronto, which provides a platform for individuals who have experienced sexual violence and abuse to reclaim their voices. They offer workshops which help raise awareness about abuse and teach participants methods of self care.

Email: reclaimyourvoice@gmail.com
reclaimyourvoice.org

Sexual Assault Action Coalition

They work to empower survivors through grassroots initiatives and community collaboration and support. All self-identified women, Trans folks and all survivors of sexual assault welcome.

Accessibility: Online resource, search facebook for "Sexual Assault Action Coalition"

Email: sexualassaultactioncoalition@gmail.com
facebook.com/SAACTO/about/

Silence is Violence

Silence is Violence is a survivor-led collective of feminist organizers tackling issues of sexual violence and rape culture on university campuses. SIV has chapters at U of T and York University.

Accessibility: Online resource
Email: sivyork@gmail.com
silenceisviolence.org

Additional Support Services

Crisis Addiction Services

Toronto Withdrawal Management
1-866-366-9513 416-864-5040
24/7

Primary point of entry into the Toronto Withdrawal Management Services referral system.

stmichaelshospital.com/pdf/programs/withdrawal-management-services.pdf

Mobile Crisis Response Teams

Gerstein Centre Crisis Line
416-929-9647 416-929-5200 (TTY)
24/7

Mobile crisis team, will meet people in distress or in crisis in the community.

Accessibility: Mobile team.
gersteincentre.org

St. Mike's Hospital Mobile Crisis Team
911

Accessibility: Accessible via Police Department.
stmichaelshospital.com/programs/mentalhealth/emergency.php

Housing

Access Point
416-640-1934

Apply for mental health and addictions support services and supportive housing through one application and intake assessment process.

Address: 661 Yonge Street, 4th Floor, Toronto
Accessibility: ramp available upon request, Wheelchair accessible washrooms. 14+
Language: English, interpreters available upon request.
Email: info@theaccesspoint.ca
theaccesspoint.org

Financial Support

Criminal Injuries Compensation Board
416-326-2900 or 1-800-372-7463
Mon-Fri, 8:30am - 5pm

The CICB assesses financial compensation for victims of violent crimes committed in Ontario. Visit the website or call for information regarding the application process.

Address: 655 Bay Street, 14th Floor, Toronto
Accessibility: Wheelchair accessible
Language: English, French, interpreters available
sjto.gov.on.ca/cicb

Ontario Disability Support Program
1-888-789-4199 416-325-5666
1-800-387-5559 (TTY)

ODSP provide financial and employment support, including basic needs, health benefits, career placement for people with disabilities/mental health diagnoses.

Accessibility: Application will determine eligibility. Find office nearest you.
Language: English and French.
mcss.gov.on.ca/en/mcss/programs/social/odsp

Ontario Works
1-888-789-4199 416-325-5666
1-800-387-5559 (TTY)

Provides financial and employment assistance for people in financial need, including basic needs, health benefits.

Accessibility: Application will determine eligibility. Find office nearest you.
Language: English and French.
mcss.gov.on.ca/en/mcss/programs/social/ow

Advice Comic

"On Healing"

Advicecomics is a cartoon advice column where readers can write in and ask for help from a range of cartoon columnists and receive their answers in comic form. Artists contributing to **Advicecomics** are from australia and the world.

Columnist Baby W, known as Lee Lai, answers questions pertaining to BIPOC & LGBTQQIA2S+ struggles. The following comic deals with trauma and triggers.

Trigger Warning: Sex, Abuse, Trauma, & Disassociation.

Go to page 81 to continue to *Programs for Those Who have Committed Abuse.*

<http://advicecomics.tumblr.com>

ANONYMOUS:-

DEAR BABY W, I RECENTLY UNLOCKED AN OLD MEMORY FROM MY TEENAGE [LIFE] THAT I HAD NEVER SEEN CLEARLY BEFORE. SOMEONE MUCH OLDER THAN ME TOUCHED ME TOO MUCH WHEN I DIDN'T WANT TO BE TOUCHED, AND I CAN NOW SEE HOW IT MAY HAVE CONTRIBUTED TO AN ONGOING PHYSICALLY DETACHED DISPOSITION IN THE BEDROOM. HOW CAN I LEARN TO FULLY CONNECT AND ENJOY SEX WITH MYSELF AND OTHERS AGAIN?



HEY SWEET ANONYMOUS, UNCOVERING THOSE MEMORIES LATER ON CAN BE SO FUCKING HARD.

SOMETIMES, EVEN IF IT'S YEARS DELAYED, TAPPING INTO ANGER CAN BE REALLY HEALING. WATCH OUT FOR IT BEING DIRECTED INWARDS, THOUGH.



IF YOU CAN, FIND SOMEONE YOU TRUST. WHO UNDERSTANDS WHAT YOU EXPERIENCED. WHO'S GOOD WITH HOLDING THE TENDER BITS. AND NARRATE IT TO THEM. WRITE IT, OR SAY IT OUT LOUD SO IT'S LOCKED DOWN INTO A STORY THAT'S REAL AND YOURS AND ON YOUR TERMS.

TUG



AS FOR ENJOYING SEX... TAKE IT SLOW. BE GENTLE WITH EXPECTATIONS OF YOURSELF.

WIPE



SEX IS HARD FOR MORE PEOPLE THAN IT WOULD SEEM, I THINK.

IT'S LIKE EVERYONE'S TOO BUSY TALKING ABOUT HOW AWESOME AND FUN SEX IS, TO OPEN UP ENOUGH DIALOGUE ABOUT HOW SEX CAN BE REAL FUCKING COMPLICATED.



START WITH YOURSELF, IF YOU LIKE. EXPERIMENT AND TRY MASTURBATING WITHOUT THE END GOAL BEING ORGASM.

TAKE YA TIME AND CONGRATULATE YOURSELF FOR EVEN THE TINIEST MOMENTS OF CALMNESS, PRESENCE OR PLEASURE.



IF YOU GOT A SEXUAL PARTNER AROUND, BE AS COMMUNICATIVE AS YOU CAN ABOUT WHAT'S GOING ON, HOW IT'S BEEN FEELING IN THE PAST, HOW YOU WANT IT TO FEEL IN THE FUTURE.

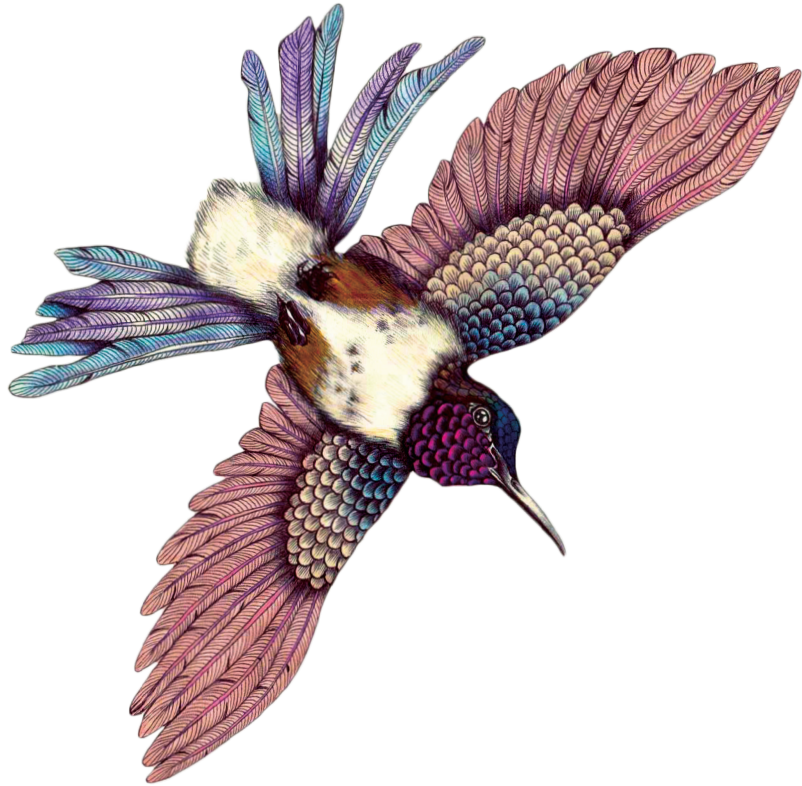
MAKE DAMN SURE THEY'RE ON YOUR PAGE



DETACHING IS A REAL EFFECTIVE WAY OF PROTECTING YOURSELF DURING SEX, BUT EITHER ON YOUR OWN OR WITH SOMEONE ELSE, TRY TO START REALLY NOTICING WHEN YOU'RE DOING THAT, AND SLOW RIGHT DOWN OR STOP. THIS MIGHT MEAN SEX THAT'S NOT SMOOTH AND FOLLOWS NO NARRATIVE AND THAT'S OK



IT'S HARD TO KNOW HOW LONG THIS SHIT TAKES. HAVE SUPER HIGH EXPECTATIONS OF CARE AND UNDERSTANDING AND PATIENCE FROM YOUR PARTNER(S) AND FROM YOURSELF, YOU DESERVE THIS AND WAY MORE.



**Programs for Those
Who Have Committed Abuse**

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Men Choose Respect - Haven Society

250-756-2452

The Men Choose Respect program is for men who want to stop their use of abuse in their personal relationships and choose respect and equality with their partners. The program provides a combination of individual contact, partner contact and group sessions to provide support to men as they make decisions to base their relationships on safety, respect and caring. The Haven Society provides services to support survivors and stop community violence.

Address: 2270 Labieux Rd, Nanaimo

Language: English

havensociety.com/our-services/men-choose-respect

Men in Change - MOSAIC

604-254-9626

Mon - Fri, 9am – 5pm

Offers two programs to support men who want to avoid violence and take a step toward healthier relationships. A trained counsellor will help men, through education and support. Group meetings take place in the evening and individual counselling in the daytime. A 17-week group-treatment program is available for men referred by their probation officers.

Address: 1720 Grant St., 2nd floor, Vancouver

Language: English, Spanish. Translation services available.

mosaicbc.org

Indigenous Support Services

Awakening the Warrior Within - Victoria

Native Friendship Centre

250-384-3211

The program has been developed to support Aboriginal Men/Women, 19 + years of age, who are ready and willing to examine their relationship with Family Violence. The intent of the program is to provide an opportunity for Aboriginal men to gain a deeper understanding of family violence and its impact on self, family and community.

Address: 231 Regina Avenue, Victoria

Accessibility: 19+

Languages: English

vnfc.ca/programs-services/awakening-the-warrior-within

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Ontario

CAMH Sexual Behaviours Clinic

416-535-8501 ext: 30799

Services for people over 18 and their families, with sexual behaviours or urges that may have resulted in personal and/or legal difficulties.

Address: 250 College Street, 6th Floor, Toronto

Accessibility: Wheelchair accessible entrance and washroom. Self-referrals accepted. 18+

Language: English. Interpreters available.

Email: sbc@camh.ca

camh.ca/en/hospital/care_program_and_services/specialty_clinics/Pages/SexualBehavioursClinic.aspx

Partner Assault Response Programs

1-888-579-2888 416-314-2447

PAR programs are specialized group educational/counselling services offered by community-based agencies across Toronto/GTA to people who have assaulted their partners. They aim to enhance victim safety and hold offenders accountable through a 12-16 session program.

Address: various locations around Toronto and the GTA

Accessibility: Will depend on location.

Language: English, French, additional languages may be available upon request.

attorneygeneral.jus.gov.on.ca/english/ovss/programs.php#vwap

Indigenous Support Services

Kizhaay Anishinaabe Niin - Odawa Native Friendship Centre

613-722-3811 ext: 284

The overall purpose of the Kizhaay Anishinaabe Niin program is to end all forms of violence towards Indigenous women. Provides One-to-One Peer Counselling, Service Navigation, Individual Advocacy Support, Justice-Related Individual Supports, Individual/Family Support and Individual Traditional Teachings.

Address: 250 City Centre Ave. Ottawa, ON
odawa.on.ca

Québec

Entraide Pour Hommes

Support and resources for people who exhibit violent, impulsive, and/or sexually abusive behaviour. Also for men experiencing crisis.

Language: English and French.

.entraidepourhommes.org

Entraide pour Hommes – Grand Longueuil

450 672-6461

Hours unlisted

Address: 300, boulevard Churchill, bureau 100, Longueuil

Accessibility: Longueuil office accessible by wheelchair, some costs offered at sliding scale. No discrimination policy.

Language: English and French.

Email: Unlisted, email form on website.

Entraide pour Hommes – Vallée-du-Richelieu

450 446-6225

Hours unlisted

Address: 551, Sir-Wilfrid-Laurier, bureau 204, Beloeil

Accessibility: Some costs offered at sliding scale. No discrimination policy.

Language: French

Email: Unlisted, email form on website.

Entraide pour Hommes – Région des Maskoutains

450 250-6225

Hours Unlisted

Address: 1195 Saint-Antoine, Saint-Hyacinthe

Accessibility: some costs offered at sliding scale. No discrimination policy.

Language: French

Email: Unlisted, email form on website.

Option Alternative

514-527-1657

Organisme communautaire ayant pour mission d'offrir des services de suivi et de soutien aux adultes, hommes et femmes, qui exercent une ou plusieurs formes de violence envers leur conjointe/conjoint ou auprès des autres membres de leur famille.

Address: 1150, boul.Saint-Joseph Est.bur. 104, Montréal

Accessibility: Unknown

Language: French

optionalternative.ca

Pro-Gam: Centre for Intervention & Research in conjugal and family violence

514-270-8462

Québec-based psychotherapy program for men who have used abusive behaviours in their relationships with partners or family members (individual & group counselling).

Accessibility: By appointment. Income-base sliding scale. \$10 fee for students, recipients of social assistance or unemployed individuals. Fee of \$15 for all other clients. 1st intake-evaluation meeting is free. \$5 for individual evaluation or group sessions for students, recipients of social assistance and unemployed individuals. All other clients charged 5% of weekly pay.

Language: English, French, and Spanish.

pro-gam.ca

Northwest Territories

Services d'Aide aux Conjoints

514-384-6296

Mon-Fri, 12pm – 6pm

Service d'Aide aux Conjoints provides assistance to men living in difficult situations. Relationship difficulties can include breakups, jealousy, or conjugal violence. They provide individual and group support. SAC services are available to all men, including men from different ethnocultural backgrounds, different sexual orientations and those who have experienced conjugal violence. This service also provides help to men who have been violent or abusive.

Address: Unlisted

Accessibility: Unlisted

Language: English and French.

Email: Unlisted

serviceaideconjoints.org

A New Day

867-873-2201

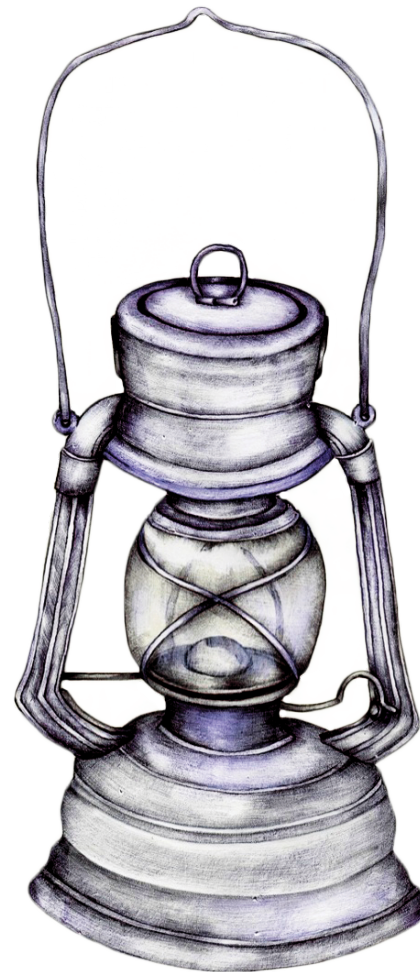
This program offers free individual and group therapy for men who have used violence in their relationships

Address: The Tree of Peace Friendship Centre 4917 48th Street,
2nd Floor, Yellowknife

Accessibility: Unknown

Languages: English

topfc.com/a-new-day.html



Online Resources

Below is a selection of online resources for survivors and those affected by abuse and violence.

Accountability & Healing Justice

Taking Risks: Implementing Grassroots Community Accountability Strategies
CARA (Communities Against Rape and Abuse)

Accountability Process
Feminist Action Support Network

Six Ways to Confront Your Friend Who's Abusing their Partner
Kai Cheng Thom for Everyday Feminism

Four Ways to Push Back Against Your Privilege
Mia McKenzie for Black Girl Dangerous

92 Five Common Ways our Communities Fail to Address Intimate Partner Violence
Kai Cheng Thom for Everyday Feminism

Pods and Pod Mapping Worksheet
Mia Mingus for the Bay Area Transformative Justice Collective

Creative Interventions Toolkit: A Practical Guide to Stop Interpersonal Violence
Creative Interventions

Organizing for Community Accountability
Incite Nation

Addressing Harm, Accountability and Healing
Critical Resistance

Portrait of Praxis: An Anatomy of Accountability
Esteban Lance Kelly & Jenna Peters-Golden of Philly Stands Up!

Strategies for Cultivating Community Accountability
Ann Russo for Prison Culture

Principles, Concerns, Strategies, Models
Queer Transformative Justice Working Group

Community Accountability Within The People of Color Progressive Movement
INCITE! Women of Color Against Violence Working Group

Accounting for Ourselves: Breaking the Impasse Around Assault and Abuse in Anarchist Scenes
Crimethinc

Betrayal: A Critical Analysis of Rape Culture in Anarchist Subcultures
Words to Fire Press

Communities Engaged in Resisting Violence
Ann Russo & Melissa Spatz for Women & Girls Collective Action Network

Towards Transformative Justice
Sara Kershner, Staci Haines, Gillian Harkins, Alan Greig, Cindy Wiesner, Mich Levy, Palak Shah, Mimi Kim & Jesse Carr

Accountability Process and Transformative Justice Experience
BYP100 Collective

8 Steps Toward Building Indispensability (Instead of Disposability) Culture
Kai Cheng Thom

A Not-So-Brief Personal History of the Healing Justice Movement, 2010–2016
Leah Lakshmi Piepzna-Samarasinha

Just Healing Resource Site

Ideas, Actions, Art, & Resources for Communities Responding to & Transforming Violence
Community Accountability Community

What to Do if Someone You Know Sexually Assaults Someone Else
Julia Dieperink for Everyday Feminism

Transformative Justice Toronto

On Consent

Learning Consent (Zine)

Phillys Pissed

My Pleasure, My Body, My Choice

Phillys Pissed

Give and Get Consent

Rape Crisis South London

Consent and Sexual Assault

Sara Casselman for the Sexual Assault Support Centre of Waterloo Region

No Means No

Public Legal Education and Information Service of New Brunswick

The Law of Consent in Sexual Assault

Women's Legal Education & Action Fund (LEAF)

How Do You Know if Someone Wants to Have Sex With You

Alanna Vagianos for Huffington Post

When You Know They Are Into It

When They Are Kinda Into It

When They Are Not Into It

Planned Parenthood

Consent Campaign: Sexual Assault Resource Centre at Concordia University

Concordia University

On Rape Culture

How We Dress Does Not Mean Yes

Lori Adelman for Rookie Mag

Rape Culture Syllabus

Laura Ciolkowski for Public Books

For Journalists/Media Reporting on Sexual Violence

Use The Right Words: Media Reporting on Sexual Violence in Canada Guide

Checklist When Reporting on Sexual Assault: Frameworks & Imagery

10 Essential Tips on Interviewing Survivors of Sexual Assault

Femifesto

Supporting Survivors

Knowing How to Support Survivors

The Monument Quilt

If Your Loved One Has Been Sexually Assaulted

Sexual Assault Support Centre of Waterloo Region

We Need to Talk: Responding to "A Note on Call-out Culture"

Lennox Archer

Active Listening

A Guide to Supports for Survivors of Human Trafficking

Child Sexual Assault Resource for Parents

Quick Tips for Supporting Survivors

Ways to Help Children Who Have Been Exposed to Abuse

What Can I Do to Help My Child Heal From Abuse

When a Survivor Discloses to You

Sexual Assault Support Centre of the Waterloo Region

Supporting Survivors

Ryerson University

Supporting Sexual Assault Survivors With Disabilities

California Coalition Against Sexual Assault

7 Ways to Help a Teen Survivor of Sexual Assault

Brooke Axtell for Psychology Today & Everyday Feminism

7 Things We Need to Stop Saying to Survivors Immediately

Maureen Shaw

How to Help a Friend Who Has Been Sexually Assaulted

Sarah Ogden Trotta

For Friends, Family and Partners of Rape & Sexual Abuse Survivors

Pandora's Project

Bystander Intervention

Sexual Violence: Myths vs Facts

Supporting Survivors: Helpful and Harmful Reactions

Supporting Survivors: Active Listening

Supporting Survivors: Communication Strategies

Concordia University's Sexual Assault Resource Centre (SARC)

For Survivors

Sexual Assault & Domestic Violence Care Centre (SA/DVCC) Care Package For Survivors

Women's College Hospital

96 Common Emotional Reactions to Sexual Assault

Definitions Related to Sexual Assault

Sexual Assault Centre of the Waterloo Region

That Four-Letter Word: Why Can't I Confront the Person Who Assaulted Me?

Rookie Mag

We're Called Survivors Because We're Still Here

Sady Doyle

5 Things to Consider After a Recent Sexual Assault

Sarah Ogden Trotta for Everyday Feminism

6 Options for Finding Help After a Sexual Assault

Lindsey Doe for Everyday Feminism

Your Experience of Sexual Assault Is Always Valid (And Here's a Chart to Prove It)

Emma Gray for Huffington Post & Everyday Feminism

On Abusive Behaviour

8 Signs Your Friendship Might Be Abusive

Kai Cheng Thom

Overt and Covert Boundary Crossings

Nora Samaran

Abuse in Same-Sex Relationships

Sexual Assault Support Centre of the Waterloo Region

Abuse Survivors Speak Out About Being Triggered by Trump

The Establishment

Trauma

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

Bessel Van Der Kolk

Trigger Warning: Breakfast (Comic)

the Nib

Intimate Partner Violence & Abuse

11 Truths Every Survivor of Intimate Partner Violence Needs to Know

Kai Cheng Thom

Women Abused in Intimate Relationships

Family Violence Alberta

The Revolution Starts At Home: Confronting Partner Abuse in Activist Communities

LGBT Campus Center of University of Wisconsin

A Practical Guide to Stop Interpersonal Violence

Creative Interventions

Music Therapy for Women Survivors of Intimate Partner Violence: An Intercultural Experience from a Feminist Perspective

Teresa Fernández de Juan for The Arts in Psychotherapy

For Survivors of Marital/Partner Rape

Pandora's Project

Cybersexism, Online Harassment, Abuse,

Sexual Violence & Cyber Security

Speak Up & Stay Safe(r): A Guide to Protecting Yourself From Online Harassment

Feminist Frequency

Nonconsensual Intimate Images Removal Guide

Cyber Civil Rights Initiative

A DIY Guide to Feminist Cybersecurity

Hack Blossom

Report harassment, receive support, and help end online harassment

Heartmob

For Survivors With Disabilities

My Experience of Healing as a Survivor with a Disability

Pandora's Project

Childhood Sexual Abuse

Abuse and Neglect

Common Behavior and Coping Mechanisms of Childhood Sexual Assault Survivors

Common Responses to Sexual Abuse

Sexual Assault Centre of the Waterloo Region

For BIPOC Survivors

Healing From Trauma As a Person of Colour: 3 Things I've Learnt As a Queer Black Boy

Travis A for Black Girl Dangerous

No Selves to Defend: A Legacy of Criminalizing Women of Color for Self-Defense

Mariame Kaba of the Chicago Alliance to Free Marissa Alexander for No Selves 2 Defend

Healing Justice Principles

Bad Ass Visionary Healers

You Are Not Alone: A Toolkit for Aboriginal Women Escaping Violence

Native Women's Association of Canada

Pathways to Healing Tribal Resources

Cowlitz Tribe

Ian Connor and Rape in the Black Community

Evelyn Atieno for Affinity Magazine

Decolonizing Trauma Work: Indigenous Practitioners Share Stories & Strategies

Renee Linklater for Evidence Exchange Network for Mental Health & Addiction

For LGBTQQIA2S+ Survivors

You Are Not Alone: On Being A Queer Survivor

Kate for Autostraddle

For Lesbian, Gay, Bisexual, Transgender, & Questioning Survivors of Rape & Sexual Abuse

Pandora's Project

For Survivors in Sex Work

Let's Dispel the Myths Around Sex Workers and Assault

Chanelle Gallant for Femifesto

For Male-Identifying Survivors

Connections: Male Survivors of Sexual Violence
Washington Coalition of Sexual Assault Programs

For Male Survivors of Rape and Sexual Abuse
Male Rape & Assault: Dispelling Myths
Pandora's Project

Male Survivor Coalition

Male Survivors of Childhood Sexual Abuse
Sexual Assault Support Centre of the Waterloo Region

Safety Planning

Sexual Violence at Home: Safety Planning Tips
Sexual Violence at Home: Breaking Your Lease
Concordia University's Sexual Assault Resource Centre (SARC)

Coping Resources

Flashbacks
Grounding During Flashbacks
Suggestions for Dealing with Urges to Self-Harm
Sexual Assault Support Centre of the Waterloo Region

Coping Tips on Crisis
Concordia University's Sexual Assault Resource Centre (SARC)

Healing & Self-Care

Healing From Trauma
You Are Not Alone: A Colouring Book For Survivors & Supporters
We Believe You: A Colouring Book For Survivors & Supporters
Ryerson University

Choosing Your Own Path of Survivorship
Youth Alliance Project
Youth Surviving and Thriving: Many Paths to Healing
Youthrex

Caring for Yourself is a Radical Act
Farrah Khan for Artreach

Methods of Self Care
Jodie Layne & Kara Haupt for Babevibes

4 Ways to Overcome Self-Blame After Sexual Assault
Sian Ferguson for Everyday Feminism

Sex After Sexual Assault: A Guide for When It's Tough
Sarah Ogden Trotta for Everyday Feminism

#SurvivorLoveLetter Project

For Those Who Have Committed Abuse & Violence

Taking the First Step: Suggestions to People Called out for Abusive Behavior
Wispy Cockles of Fruition Design

Nine Ways to be Accountable When You've been Abusive
Kai Cheng Thom for Everyday Feminism

Am I Abusive? Questions to Ask Yourself
Centre for Domestic Peace

Changing Abusers' Behaviours: What Works, What Doesn't
Barry Goldstein for the National Organization for Men Against Sexism

Systems of Accountability for Abusive Men in a Domestic Violence Context
Carla Cezario

Artists, Organizers, Community Workers, Writers & Social Workers

Sara Ahmed	Billie Rain	Nock
Kai Cheng Thom	Alexis Pauline Gumbs	Renee Linklater
Roxane Gay	Shanice Nicole	Janina Fisher
Farrah Khan	Mia Mingus	Rachel Woroner
Vivek Shraya	Lisa Factora-Borchers	Janaya Khan
Rebecca Solnit	Aaminah Shakur	Bailey Poland
102 Morgan M Page	Adrienne Maree	Chanelle Gallant
Casey Plett	Brown	
Trish Salah	Aishah Shahidah Simmons	
Zoe Whittall	Deanna Bowen	
Dionne Brand	Alison McCarthy	
Leah Lakshmi Piepzna-Samarasinha	Amita Swadhin	
Amber Dawn	Amy Ernst	
Kama La Mackerel	Julia Serano	
Mandi Gray	Reina Gosset	
Frizz Kid	Samantha Marie	

Art & Justice Collectives, Movements, Organizations, Platforms & Magazines

Justice for Missing and Murdered Indigenous Women	Witch Cabinet: Surviving Toxic Masculinity
Black Girl Dangerous	Third Eye Collective
Brown Girl Magazine	Rest for Resistance
Guerrilla Feminism	Community United Against Violence
Everyday Feminism	Critical Resistance
The Global Network of Sex Work Projects (NSWP)	Families of Sisters in Spirit
The Living Bridges Project	Philly Stands Up
The Dear Sister Anthology: Letters From Survivors of Sexual Violence	Connect NYC
INCITE! Women of Colour Against Violence	Philly Survivor Support Collective
#FreeBresha	Project NIA
Coming Forward	GenerationFIVE
Non-Status Women's Collective	TGI Justice Project
Black Lives Matter	Chain Reaction
International Network for Transgender Art	Young Women's Empowerment Project
Moontime Warrior	

Podcasts, Radio Shows & Episodes

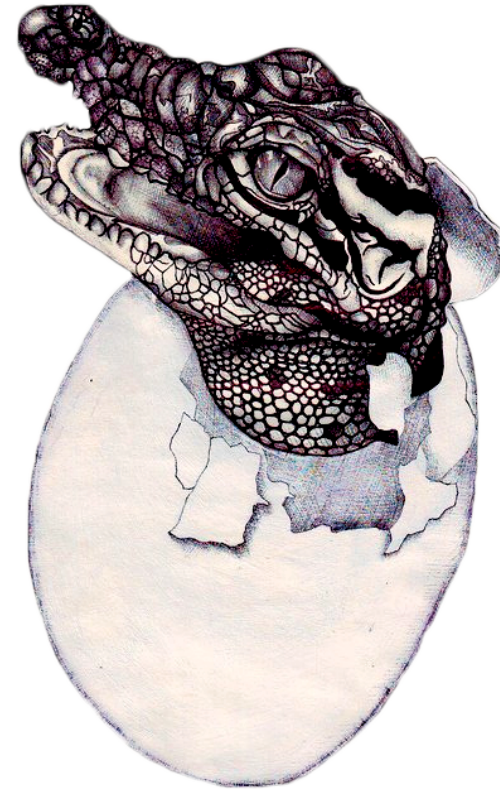
Joyful Threads Productions: Sarah Hunt - Decolonizing the Roots of Rape Culture

Two Brown Girls

One From the Vaults

Smart Girl Club

Please consider supporting the community workers, artists and writers listed above as they provide valuable resources to our communities.



About CIRCLES

This book has been composed and compiled by Xavier Arocha, Charlotte Forbes, Cat Lamoureux, Carly Seltzer, William Osiecki, Chloe Cavis-Haie, Milo Reinhardt, and other invaluable contributors. This book would not be possible without the contributions of those who collaborated and held space for this resource.

We'd like to extend our special thanks to Jean Cousin and David A. Mitchell for supporting our collective.

We believe our personal experiences shaped our responses to violence and abuse and wanted to be transparent by disclosing our firsthand experiences in relation to abuse, violence, community accountability and transformative justice. The CIRCLES Collective prioritizes communal solidarity with fellow survivors, as well as a reconstruction of what it means to heal collectively.

We would also like to give special thanks to Queer Concordia, whose provided us with the means to distribute this document. Their support was integral to making printed copies of this resource a reality.

Contributing Artists

This resource would not be the same if it weren't for the contributing artists.
We are honoured to be able to share their work.

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Interior illustrations

Kendra Bramson-Bowes is an illustrator and artist born in Tkaronto (Toronto), who is currently living and working in Tio'tia:ke (Montreal).

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La Presse du Chat Perdu - Christopher Robertson

Screenprinter (Covers)

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