

WHAT WE DO

- ❖ We provide a confidential, non-judgmental, supportive environment. We believe you.
- ❖ We will support you whether you choose to report to police or not.
- ❖ We can accompany you to crime related appointments such as; at court or with the police.
- ❖ We provide information on the status of the criminal proceedings.
- ❖ We assist with completing forms related to the crime, such as; Crime Victim Assistance Program applications and Victim Impact Statements
- ❖ We give you information and education about abuse, violence and power-based crimes.
- ❖ We support you based on what **you** want to do. We will provide options that are available to you in your situation and support you to make your own choices.

SAFETY PLANNING

Create an emergency escape plan:

- ❖ Create a “go-bag” with important items. If you leave for safety, take your children with you. Rehearse the steps you will take if you must leave quickly.

If living with your partner:

- ❖ Plan your emergency exits and know them well.
- ❖ Teach your children how to contact police and fire department.

If you are not living with your partner:

- ❖ Change the locks on doors/windows.
- ❖ Teach your children to tell you if someone is at the door and not to answer it.
- ❖ Ensure that schools and police have a copy of any no contact orders.
- ❖ Consider moving your furniture around as an intruder may bump into things, alerting you to their presence.

In the neighbourhood:

- ❖ Tell your neighbours to call the police if they hear fighting/ screaming in your home.
- ❖ Change your routine. Use different grocery stores/banks/etc. Shop at different hours.

Take care of your emotional safety; attend counselling, take time for yourself, or keep a personal journal.

Adapted from Fact Sheet entitled “Safety Planning for Women” from endingviolence.org

VICTIMS' RIGHTS

- ❖ To be treated with courtesy, respect, and without discrimination by all justice personnel.
- ❖ To receive financial assistance and benefits if you are a victim of crime.
- ❖ To receive information on the justice system and the rights of victims.
- ❖ To receive, on request, certain case-specific information regarding police investigation, prosecution, sentencing and release of the offender.
- ❖ To be given a reasonable opportunity to provide victim impact information for presentation to the court before sentencing of the offender.
- ❖ To receive independent legal representation if an application has been made for disclosure of their personal records. (Provided free of charge when victims cannot afford it)