



Settlement Assistance & Family Support Services

1200 Markham Road, Suite 214
Toronto, ON, M1H 3C3
Tel: 416-431-4847 ext. 227/245
Fax: 416-431-7283
Email: reception@safss.org
Web site: www.safss.org

Settlement Assistance & Family Support Services (SAFSS) is a non-profit charitable organization that offers linguistically and culturally appropriate services to the community.

This brochure is for any woman who is suffering from an abusive relationship with a husband, partner, boyfriend, a family member or anyone else.

Our Objective

**PREVENTING VIOLENCE
AGAINST
WOMEN AND CHILDREN**



To prevent wife, child, youth and senior abuse through education, counseling, intervention and support services

Abuse is universal

It can happen to anyone: rich, poor, educated or uneducated, Canadian citizens or immigrants.

Abuse has different forms:

- * physical
- * verbal
- * emotional
- * financial (economic)
- * spiritual
- * sexual
- * neglect

**IN CANADA ABUSE
IS CONSIDERED
A CRIME
AND IT NEEDS TO
BE STOPPED**



We offer the following Services

- * Individual and Family Counseling
- * Crisis Intervention
- * Information, Education and Advocacy for women facing abuse
- * Referrals to community and Legal Services
- * Support Groups
- * Educational Workshops

For women fleeing an abusive situation, we also provide assistance in:

- * Affordable Housing
- * Social Assistance
- * Legal Aid
- * Food Bank

ALL services at SAFSS are **FREE**

If you are living in an abusive relationship, your children are also affected by the abuse. A strong mother **always protects her children. Please report the abuse.**

**NO BEHAVIOUR PROVOKES OR JUSTIFIES VIOLENCE
THERE IS NO EXCUSE FOR ABUSE**



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Talking about abuse can be difficult. Women feel ashamed or are afraid that their families or friends will not believe their story.

To enable women to make informed decisions, empower them and strengthen their self confidence, SAFSS regularly runs **support groups**. This gives women who have experienced abuse a **safe place to confidentially share** their problems and receive necessary emotional support.

SAFSS provides participants with free TTC tickets.

Call SAFSS at 416-431-4847 ext. 227/245

If you need help:

**IT IS
OK TO
ASK FOR
HELP**

- Call **911**
- Call Assaulted Women's Helpline
416-863-0511 / 1-866-863-0511 toll free
- Call SAFSS at 416-431-4847 ext. 227/245
- Dial #SAFE (#7233) on your mobile phone



Safety must be your first priority. Only you can decide what you can do safely. Plan ahead, prepare the following items and store them **outside the house** if possible:

- * Cash or Bank Card or Credit Card
- * Copies of ID documents for **yourself and your children**: SIN, OHIP, PR cards, birth certificates, including kid's school records
- * Copies of passports / immigration papers
- * Copies of marriage certificate, wills, separation or divorce papers, any court documents you have
- * Lease (rental) contract or deed (title) to your home
- * Medications or copies of prescriptions
- * Change of clothes for yourself and each child

Remember: When your safety is at risk, the **only priority** is for you and your children to **escape to safety**.

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