



“One year ago I walked in battered, abused, afraid and completely horrified. One year later, I have myself back and all the happiness and peace I have found was because of Women’s Place and their staff. Thank you for helping me get my life back and once again looking forward to the future and what it has in store for me.”

– Bonnie, Abuse Survivor



How You Can Help

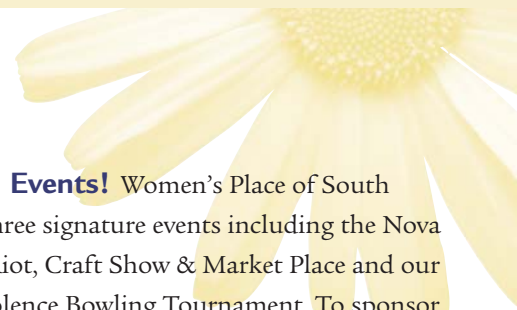
Donate! Financial donations are appreciated and eligible for a tax receipt. Your donation to Women’s Place of South Niagara Inc., by cash, cheque, Visa, or MasterCard, can be directed to our Niagara Falls or Welland Shelter. Consider joining our monthly giving club. It is an easy and cost effective way to support women and children staying in our shelters. To learn more, to make a donation or to view our shelter wish lists, please visit our website or call 905-356-3933 ext. 240.

Volunteer! Women’s Place of South Niagara is able to offer our services through the combined efforts of trained staff and our generous and dedicated volunteers. Volunteers are needed to assist at our shelters, for fundraising activities, and in our administrative office. Visit our website or call us at 905-356-3933 ext. 239.

Our Special Events! Women’s Place of South Niagara has three signature events including the Nova House Book Riot, Craft Show & Market Place and our Strike Out Violence Bowling Tournament. To sponsor, donate, attend, or volunteer at our events please call 905-356-3933 ext. 241 or visit our website.

Your Special Events! Does your workplace, family, church, or service club have an event that they could share with Women’s Place of South Niagara Inc.? You could make a difference by providing proceeds from Dress Down Days, raffles, golf tournaments or matching gifts. For more information on how you can help please call 905-356-3933 ext. 240.

Education Program Learn more about Women’s Place through speakers, posters or brochures. Contact us at 905-356-3933 ext. 239.





For more information about Women’s Place of South Niagara, or to receive literature, please contact us at one of the locations below.



Administration:

P.O. Box 853, Niagara Falls, ON L2E 6V6
Tel: 905-356-3933 Fax: 905-356-5522

 **Nova House – Niagara Falls**
Tel: 905-356-3933 Fax: 905-356-5522

 **Serenity Place – Welland**
P.O. Box 184, Welland, ON L3B 5P4
Tel: 905-732-4632 Fax: 905-732-2485

www.womensplacesn.org



Charitable Registration Number 131135717RR0001

Did you know?

- **1 in 4** women in Canada are abused by their intimate partner.
- An average of **120** women per year are murdered by their husband or boyfriend in Canada.
- **1 in 5** teens are in an abusive relationship.
- Children who witness abuse have a **greater tendency to continue the cycle of violence** by either becoming a victim of abuse or being an abuser in their adult relationships.
- Woman abuse occurs in **all** social, ethnic, economic and age groups.

Help for women and children experiencing abuse



24 HOUR CRISIS LINES

In Welland, Port Colborne, Wainfleet, Pelham and surrounding areas call
905-788-0113

In Niagara Falls, Fort Erie and surrounding areas call
905-356-5800
Collect calls accepted

www.womensplacesn.org

Abuse Has No Boundaries



Signs of Abuse...

- Violent outbursts
- Isolation from family and friends
- Feelings of worthlessness
- Physical assault
- Fear for self or children
- Threats of violence
- Threats of destruction of property or injury/death to pets
- Feelings of guilt or shame
- Insults, put downs, name calling
- Jealousy or accusations of cheating
- Broken promises to change
- Control of all the money
- Forced sex

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In Niagara Falls, Fort Erie and
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Collect calls accepted

If you or someone you know is in an abusive relationship, please call us. The situation is dangerous. For over 25 years Women's Place of South Niagara has helped thousands of women break the cycle of violence and go on to lead much happier, healthier and safer lives.

Whether it's called domestic violence, battering or wife assault, violence against a partner in an intimate relationship can take many forms. 95% of victims of abuse in intimate relationships are female. Abusive behaviours include physical or sexual assaults; psychological violence such as stalking, threatening, or mind games; and the destruction of pets and property. All forms of abuse have a common thread: they are used to control the victim and to create fear. Abuse is rooted in a historical imbalance of power. It can happen to any individual regardless of gender or relationship.

Our Mission The mission of Women's Place of South Niagara Inc. is to end abuse and violence by empowering women and their children through the provision of safe shelter, counselling, education and community partnerships.

Services We Offer

All our services are free of charge and confidential. You don't have to stay in our shelters to benefit from our services:

Safe Shelter We have two locations, Nova House in Niagara Falls and Serenity Place in Welland.

24 Hour Crisis Lines Collect calls accepted. 905-356-5800 in Niagara Falls or 905-788-0113 in Welland.

Safety Plans Assistance in creating a safety plan and help with leaving an abusive relationship and establishing a new life.

Counselling/Support Non-judgmental and confidential educational counselling and ongoing emotional support are provided to women who have experienced abuse. Provided in an individual and in a group setting.

Child and Youth Program Help and support for children dealing with and healing from the trauma they have experienced.

Our Vision Women's Place of South Niagara Inc. envisions a community where women and their children live free from abuse and violence.

Transitional and Housing Support Program

Provides women with practical and emotional assistance for a smooth transition from shelter to violence-free lives in the community. Help women find and maintain housing.

Legal Support Program Offers basic legal information, referrals, custody application assistance, child support, peace bonds, restraining orders, completing legal documents and accompaniments to court or legal appointments.

Public Education Provides awareness, understanding and information regarding abuse and the impact it has on women and their children.

Volunteer Program In-shelter or event volunteer requests are welcome.

Cultural Interpretive Services Our programs and services have access to interpretive services.

Our Values The fundamental beliefs that are the motivating force behind the actions and decisions of Women's Place of South Niagara Inc. are reflected in the following values:

Respect · Dignity · Excellence · Collaboration · Integrity