



*“Write kindness in marble,
injuries in dust”.*

—Persian Proverb

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Newcomer Student Association
(NSA)

Website: <https://mynsa.ca/about/>
Email: info@mynsa.ca



Ending the Silence:

Responsive
Community Support
& Resources for
Gender-Based
Violence



Community Support and Resources

IPV Power and Control Wheel

2018 YWCA Spokane-Power and Control Wheel, accessed from <https://https://ywcaspokane.org/wp-content/uploads/2017/10/2018-YWCA-Spokane-Power-and-Control-Wheel.pdf>

2018 YWCA Spokane- Healthy Relationship Wheel, accessed from <https://ywcaspokane.org/wp-content/uploads/2017/10/2018-YWCA-Spokane-Healthy-Relationship-Wheel.pdf>

Ending Violence Association of Canada- Canada-wide list of sexual assault centers, crisis lines and support services <https://endingviolencecanada.org/getting-help/>

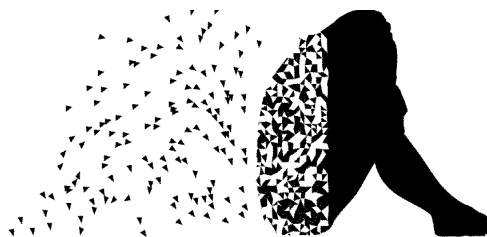
#NOExcuseForAbuse
4 Steps to support those living with GBV <https://twitter.com/AbuseFighters>

Women’s College Hospital (WRAP) <https://www.womenscollegehospital.ca/care-programs/mental-health/wrap>

Graphic Novel: "Telling Our Stories" https://ocasi.org/sites/default/files/ocasi-vaw-graphic-novel-english_1.pdf

Booklet for Survivors of Sexual Violence https://ocasi.org/sites/default/files/vaw-booklet-english_0.pdf

A Future without Gender-based Violence: Building Newcomers' Resilience through Community Education: A Toolkit for Service Providers <https://ocasi.org/sites/default/files/ocasi-gbv-toolkit-english-online.pdf>



Crisis Support

Crises Services Canada <http://www.crisisservicescanada.ca/en/1-1.866.863.0511>

24 Hour Distress Centre of Toronto
416.408.4357

Assaulted Women’s Helpline
Provides counselling, emotional support, information and referrals 24-hours a day, seven days a week. The service is available in over 200 languages.
Toll-free: 1.866.863.0511
www.awhl.org

Toronto Rape Crisis Centre
416.597.8808

Women’s Assault & Domestic Violence Care Centre
416.323.6040

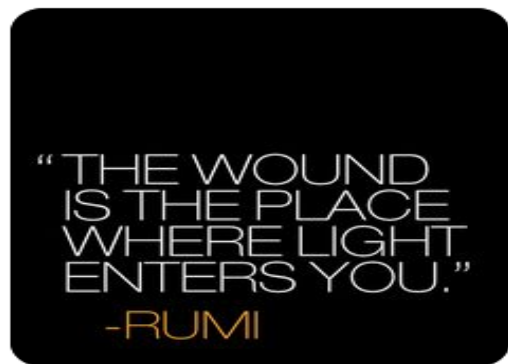
Women’s Assault & Domestic Violence Care Centre <https://www.hamiltonhealthsciences.ca/areas-of-care/emergency-care/sexual-assault-domestic-violence/>
416.323.6040

2-1-1: Canada’s primary government and community based health and social services <https://211ontario.ca/211-topics/abuse-assault/>
Canada-wide: <http://211.ca>

Safety Planning Resources

[MyPlan](#) (Safety Planning free App)- Empowering decisions for a safe path forward. It’s private, secure, personalized, & backed by research. <https://myplanapp.ca/en/>

My Emergency Bag Checklist
A protection planning resource for GBV survivors/ victims to protect self <http://www.stepstojustice.ca/>



Counselling & Other Services

Barbra Schlifer Commemorative Clinic
<https://www.schliferclinic.com/>
416.323.9149

Women's College Hospital-Sexual Assault/Domestic Violence Care Centre
<https://www.womenscollegehospital.ca/care-programs/sexual-assault-domestic-violence-care-centre/>
416.323.6400 Ext. 4863

Women's Health in Women's Hands
<https://www.whiwh.com/mental-health-services>
416.593.7655

Women's Mental Health Clinic
<http://www.wmhclinic.com/>

Housing

Shelter Safe- Canada-wide map of shelters and transition houses
<http://www.sheltersafe.ca/>

211 Transitional Housing
<https://211ontario.ca/211-topics/housing/transitional-housing/>

Crisis Support/National Suicide Prevention
Canada-wide list of shelters, transition houses and support services
www.crisisservicescanada.ca/en

Shelter Movers of Toronto
www.sheltermovers.com
416.320.4232

Shelter Central Intake
416.397.5637

Legal
Legal Aid Ontario (LAO)
www.yourlegalrights.on.ca

Legal Aid Ontario
www.legalaid.on.ca
1.800.668.8258 416.979.1446

Justice Net: Lawyers offer services at a reduced fee
www.justicenet.ca 416.479.0552

CLEO (Community Legal Education Ontario)
<http://www.cleo.on.ca/>
416.408.4420

Steps to Justice
www.stepsjustice.ca

Law Society Referral Service
www.findlegalhelp.ca
1.855.947.5255

Legal Information Network of Canada (L.I.N.C)
www.canadalegalhelp.com

Ontario Collaborative Law Federation (OCLF)- Family lawyers- Ask for Unbundled Legal Services
www.oclf.ca

Self-represent- Self-Rep Navigators- lawyers offer limited scope retainers for people in family court
<http://www.limitedscoperetainers.ca/>

Emotional Resiliency Resources
Flying Free: Emotional Resiliency Resources for Women & their children
<https://www.flyingfreenow.com/about-flying-free/>

Living Purple Blog:
<https://livingpurpleblog.wordpress.com/page/3/>



Children & Family Support

Central Family Intake
416.338.4766

Kid's Helpline

<http://www.kidshelpphone.ca/>

1.800.668.6868

Children's Aid Society of Toronto

<http://www.torontocas.ca/what-child-abuse>

416.924.4646

Family Transition Place

<https://familytransitionplace.ca/shelter-services/emergency-shelter/>

1.800.265.9178



Community Support & Awareness/Capacity-Building

Ferzana Chaze, Bethany Osborne, Archana Medhekar and Purnima George. 2020.

Domestic Violence in Immigrant Communities: Case Studies. 9 Jun 2020, eCampus Ontario Pressbook collaboration project between Sheridan College, Ryerson University and Archana Medhekar Law Office.

[https://openlibrary-](https://openlibrary-repo.ecampusontario.ca/jspui/handle/123456789/667)

[repo.ecampusontario.ca/jspui/handle/123456789/667](https://openlibrary-repo.ecampusontario.ca/jspui/handle/123456789/667)

Rivers of Hope Toolkit

A community-based resource for survivors of Islamophobic violence

<http://www.riversofhopetoolkit.ca>

A Future Without Gender Based Violence

<https://ocasi.org/sites/default/files/ocasi-gbv-toolkit-english-online.pdf>

How to help as a community group

<https://www.immigrantandrefugeeff.ca/sites/immigrantandrefugeeff.ca/files/us-too.pdf>

<https://www.immigrantandrefugeeff.ca/want-to-help/how/community-group>

<https://www.immigrantandrefugeeff.ca/want-to-help>

Ending the Silence Family and Friends Informational Tool- Presentation Slides

https://docs.google.com/file/d/1jZfJh6i_SjIU5AGelwrby_L7G85VmA47/edit?filetype=mspresentation

Ending the Violence Canada

<https://endingviolencecanada.org/getting-help/>

Neighbours Friends and Families

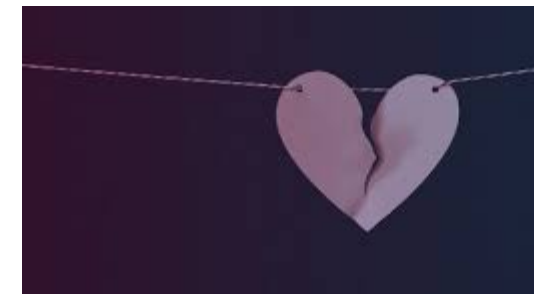
(Public Education Campaign)

<http://www.neighboursfriendsandfamilies.ca>

ANOVA

519.642.3003

<http://www.anovafuture.org/>



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