

# Experiencing & fleeing

## Domestic Violence

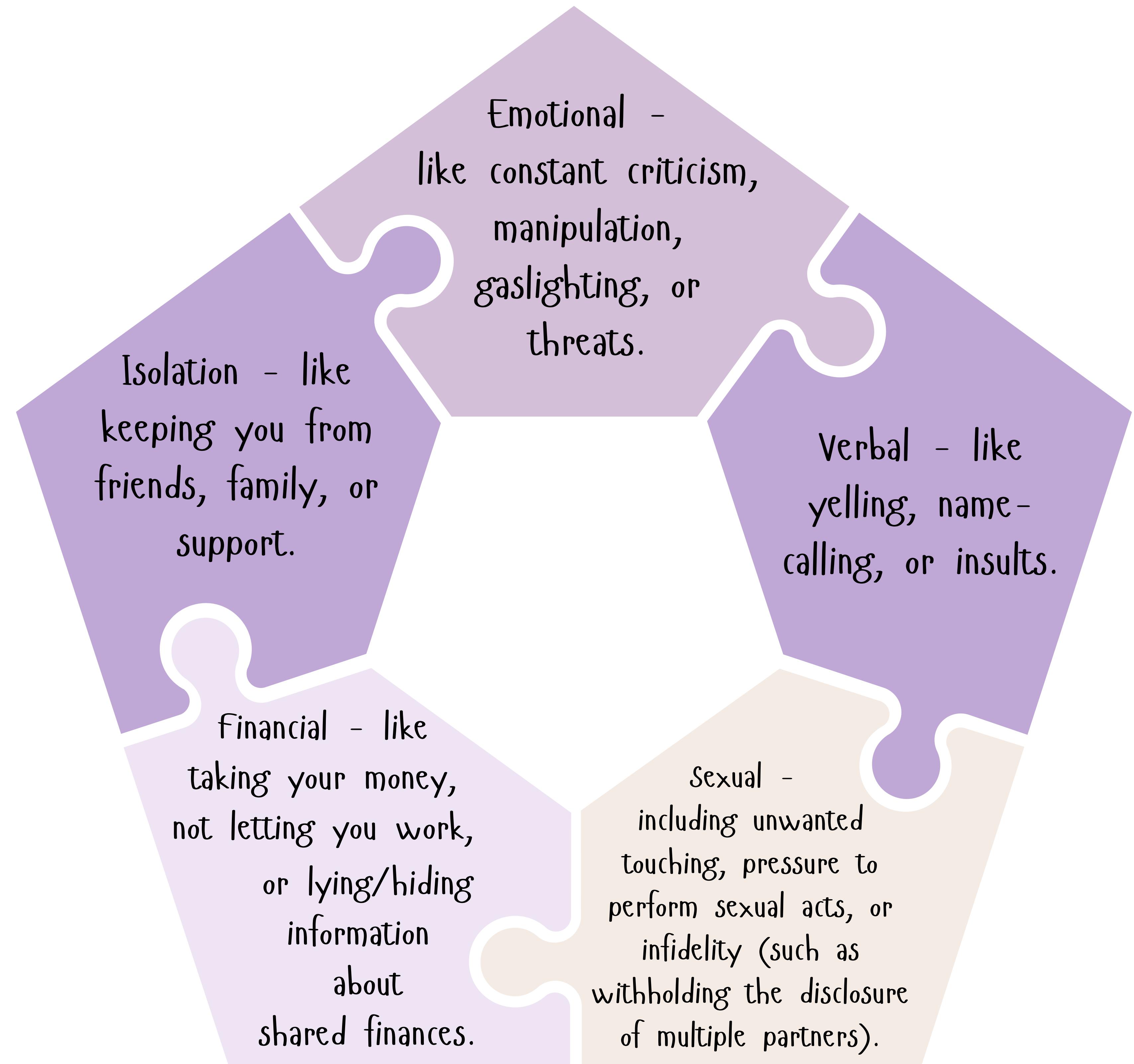


INFORMATION & COMMUNITY RESOURCES TO  
HELP KEEP YOU STAY SAFE

# What is Domestic Violence?

Domestic violence is a pattern of behaviours used by one person to gain power and control over another. It can happen to anyone, and it doesn't always look the way people expect.

Domestic violence isn't just physical. It can also be:



These non-physical forms are serious on their own and can often lead to physical violence.

But no matter the type — it is still violence.

If something doesn't feel right, trust your instincts.

You deserve to feel safe and respected in your relationships.

Many people have experienced domestic violence and found support, healing, and strength. This booklet is here to help you navigate the resources that are available to support you.

**YOU ARE NOT ALONE.**

# Domestic Violence Shelters in Calgary

SALVATION ARMY - WEST CAMPUS (403)930-2711 ●●

MUSTARD SEED WOMEN'S SHELTER (587)447-1345 ●●

First come, first serve, every day at 4pm

Call once arrived at building or ask staff for direction

NISA FOUNDATION 1(888)456-8043 EXT. 404 ●●●●

or visit website to complete application

Monday - Friday: 9am - 5pm

MASKAN (403)971-2774 ●●●●

Monday - Friday: 9am - 5pm,

Weekends: 10am - 4pm

FEARISNOTLOVE (403)234-7233 ●●●●

YW CRISIS SHELTER (403)266.0707 ●●●

YW TRANSITIONAL SHELTER (403)266-4111 ●●●

NIITOIYIS FAMILY SUPPORT SOCIETY ●●●●

(FORMERLY AWOTAAN) (403)531-1972 OR (403)531-1976

INN FROM THE COLD (403)263-8384 ●●●●●

RUTH'S HOUSE (587)352-9422 ●●●●●

For people of AFRICAN descent (can be connected via marriage to African person)

UNISON SHELTER - KERBY (403)705-3250 ●●●

For people over 55 years old

CHILDREN'S COTTAGE SOCIETY CRISIS NURSERY (403)233-2273

Up to 3 days of 24/7 care for children from newborn to age 9

## SHELTER LEGEND

ACCEPTS SINGLE WOMEN ●

ACCEPTS WOMEN & CHILDREN ●

ACCEPTS SINGLE MEN ●

ACCEPTS MEN & CHILDREN ●

ACCEPTS PREGNANT WOMEN ●

ACCEPTS PETS ●



# Domestic Violence Shelters Near Calgary

CANTARA HOUSE (BROOKS) ●●●●●

(403)793-2232

ROWAN HOUSE SOCIETY (HIGH RIVER) ●●●●●

(403)652-3311

CAWES (RED DEER) ●●●●

(403)346-5643

YWCA HARBOUR HOUSE (LETHBRIDGE) ●●

(403)320-1881

YWCA (BANFF) ●●●●●

(403)760-3200

CAWES (CHESTERMERE) ●●●

You must be a resident of Chestermere to be eligible for shelter

(403)775-2927

BIG HILL HAVEN (COCHRANE) ●●●●●

(403)796-6564

LURANA SHELTER (EDMONTON) ●●●

| (780)424-5875

WIN HOUSE (EDMONTON) ●●●●●

| (780)471-6709

TRUE NORTH (STRATHMORE) ●●●●●

| (877)934-6634 ext. 0



## Second-Stage DV Housing

YW TRANSITIONAL HOUSING (403)263-1550 ●

BRENDA STRAFFORD FOUNDATION (403)860-9412 ●

DISCOVERY HOUSE (403)670-0467 ● ●

RADIANCE FAMILY SOCIETY (403)243-2002 ● ● ●

HIGHBANKS SOCIETY - (403)521-0082 ● ●

CANADIAN CENTRE FOR MEN AND FAMILIES OF ALBERTA - (587)885-2839 ● ●

LA SALLE (EDMONTON) (780)471-1122 ● ● ●

WINGS OF PROVIDENCE (EDMONTON) (780)426-4985 ● ●

MUSASA HOUSE (MEDICINE HAT) (403)529-1091 ●

THIS IS NOT AN EXHAUSTIVE LIST OF SECOND-STAGE HOUSING  
SERVICES AVAILABLE FOR PEOPLE FLEEING DOMESTIC VIOLENCE



# Emergency Income Supports

## GOVERNMENT OF ALBERTA EMERGENCY FINANCIAL ASSISTANCE

- Can cover costs such as food, clothing, childcare, transportation, temporary shelter, and eviction payments. *Call 1 (877)644-9992*

## EMERGENCY HOTEL STAY

- Alberta Works can provide temporary funding for you and your children to stay in a hotel if shelters are full. The length of the stay depends on your situation and can be extended day-to-day.
- Call the number above Monday-Friday from 7:30am – 8:00pm or the after-hours number: *1 (866) 644-5135*

## ESCAPING ABUSE BENEFIT

- Can cover costs such as emergency transportation, basic needs, prescription drugs, childcare, dental and eye care services, one-time costs to move within Alberta or Canada if you must leave your community, a one-time allowance to help set up a new home, the damage deposit for a new home, and extended health coverage for adults and children from families with limited incomes
- Apply online at [www.applyincomesupport.alberta.ca/prescreen](http://www.applyincomesupport.alberta.ca/prescreen) or call the Alberta Works Support Line (numbers above)

## VICTIMS OF CRIME FINANCIAL BENEFITS PROGRAM

- If you were a victim of a crime in Alberta that you reported to police, you can apply for an injury, witness or death benefit

## RESTITUTION AND RECOVERY FOR VICTIMS OF CRIME

- Ask the judge to have an offender pay you back for expenses caused by the crime they committed against you

## Legal Support

CPS can investigate and help you to get a peace bond (an order under the Criminal Code that sets conditions on the person who behaved violently). They can refer you to victim services or a lawyer, who can help you get a non-criminal protection order - also known as "no-contact orders" or "restraining orders" - to keep the person who harmed you away from you.

When you ask officials like the police, a social worker or a lawyer for information, you can ask them to keep your concerns confidential.

## VICTIM SERVICES

Victim services organizations work with the police to help victims of crime. They can help you develop a plan and find ways to protect yourself, and connect you with services for food, clothing and shelter.

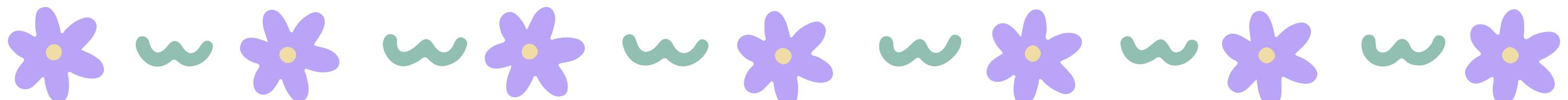
### CALGARY POLICE SERVICE VICTIM ASSISTANCE SUPPORT TEAM

Call (403)428-8398 or Toll Free: 1 (888)327-7828

### EMERGENCY PROTECTION ORDER PROGRAM - (403)297-5260

### HOMEFRONT CALGARY - (403)206-2100 EXT. 243

Legal advocacy and court navigation for those involved in domestic violence cases through specialized case management and Indigenous initiatives, often working in partnership with Calgary Police.



**DOMESTIC VIOLENCE LEGAL INTERVENTION PROGRAM THROUGH  
CALGARY LEGAL GUIDANCE - (403)716-6478**

Specializing in legal information and assistance for adult victims of domestic violence.

**CHILD WITNESS COURT PREPARATION COURT PROGRAM - (403)289-8385**

Providing tools and resources to help children and teens prepare for their day in court.

**FAMILY LAW OFFICE - (403)297-6380**

Provide information about your legal options and provide referrals to supporting agencies, including Legal Aid Alberta

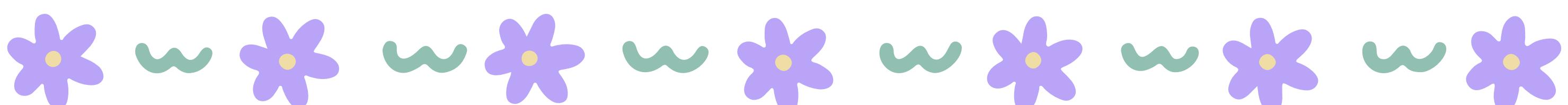
Provide duty counsel to help you apply for, confirm, or revoke an Emergency Protection Order (EPO) under the Protection Against Family Violence Act

Assist you with EPO documents and court procedures and speak on your behalf in court at confirmation hearings

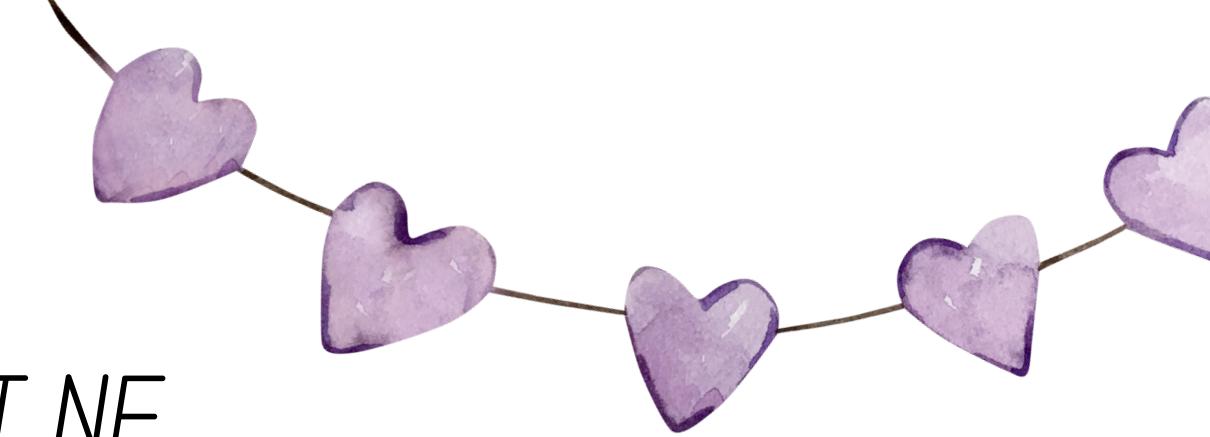
**LEGAL AID ALBERTA - 1 (866) 845-3425**

**CALGARY LEGAL GUIDANCE - (403)234-9266**

**STUDENT LEGAL ASSISTANCE - (403)220-6637**



# Community Resources



## WOMEN'S CENTRE OF CALGARY - (403)264-1155 - 394 ST NE

Quick access for women to basic needs items such as food and personal care supplies, peer support, legal advice clinic, tax support, Commissioner of Oath, referrals to other agencies for food, clothing, furniture, housing, health, employment, education and recreation, workshops and groups, computers, telephones, photocopiers and fax machines.

## SAGESSE DOMESTIC VIOLENCE PREVENTION SOCIETY (403)234-7337 -

1509 CENTRE ST S #240

Affordable counselling with sliding scale fees for those impacted by domestic violence.

## CALGARY IMMIGRANT WOMEN'S ASSOCIATION (CIWA) - 403)263-4414 - 1384 AVE SE

Support for immigrant and refugee women experiencing abuse, including legal advocacy, safety planning, and shelter referrals.

## METIS CALGARY FAMILY SERVICES - (403)240-4642 - 352 SUNVALE DR SE

Family violence prevention and healing programs for Metis and Indigenous families.

## MALE DOMESTIC ABUSE OUTREACH PROGRAM - (403)691-5964

Counselling, social service referrals, and advocacy to men and their families experiencing domestic violence.

## CALGARY SEXUAL ASSAULT RESPONSE TEAM (CSART) - (403)955-6030

If you have serious injuries, you should go to a hospital. CSART provides confidential medical care, emotional support, reporting options, forensic examination and evidence collection for people who have been sexually assaulted in the last 4-7 days.

Go to Sheldon M. Chumir Health Care urgent care, or any emergency department, and tell the triage nurse when you check-in that you've been sexually assaulted.

## CALGARY COMMUNITIES AGAINST SEXUAL ABUSE (CCASA) -

(403)237-6905 OR TOLL-FREE: 1 (877)237-5888

CCASA is the primary sexual assault and sexual abuse crisis and education service provider for Calgary and surrounding areas. CCASA provides specialized and individualized services to address the needs of sexual abuse and sexual assault survivors, their significant others, and the broader community.

## EMERGENCY SOCIAL SERVICES - TRANSPORTATION - 1(866)644-5135 EXT. 4

Transportation to a shelter outside of Calgary if you can provide confirmation of a booked bed.

# Phone Lines

For questions about domestic violence: (403)234-7233 or 1 (866)606-7233

For questions about sexual abuse and sexual assault: (403)237-5888 or 1 (877)237-5888

Alberta Abuse Helpline: 1 (855)443-5722

National Domestic Violence Hotline: 1 (800)799-7233 or Text LOVEIS to 22522

National Sexual Assault Hotline: 1 (800)656-4673

Alberta's One Line for Sexual Violence: 1 (866)403-8000

Assaulted Women's Helpline: 1 (866)863-0511

Family Violence Information Line: 1 (780)310-1818, text 310-1818, or chat online

Distress Line: 1 (780)482-4357

Alberta 24/7 Community and Social Services Helpline: 2-1-1

Elder Abuse Resource Line: (403)705-3250

Seniors Abuse Helpline: 1 (780)454-8888

Mental Health Help Line: 1 (877)303-2642

Brite Line (2SLGBTQIA+ community supports): 1 (844)702-7483

Distress Centre: (403)266-4357

Men's Resource Line: 1 (833)327-6367

## iHeal App

Free, private and secure app that helps Canadian women who have experienced abuse from a current or past partner find personalized ways to stay safe and be well.

Surviving is a superpower.  
Healing is a revolution.

Even in the darkest moments, you deserve safety, support, and love.

