

## Where Can I Get Help?

- **Your Pastor or Church Leaders**
- **Ann Davis Transition Society**  
604-792-2760  
[www.anndavis.org](http://www.anndavis.org)
- **Chilliwack Community Services**  
Specialized Victim Services  
604-792-4267
- **Mennonite Central Committee**  
**End Abuse Programs**  
Elsie Goerzen  
604-845-0841  
[elsiegoerzen@mccbc.ca](mailto:elsiegoerzen@mccbc.ca)
- **Wilma's Transition Society**  
604-858-0468 (Transition House)  
604-824-0939 (Administrative Office)  
[www.wilmastransitionsociety.org](http://www.wilmastransitionsociety.org)

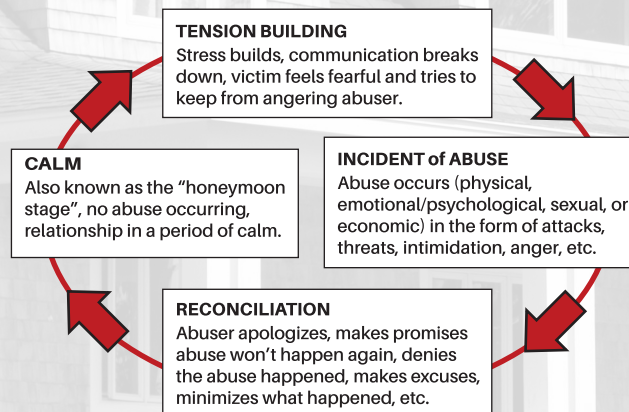
## Additional Resources

- **Ending Violence Association of Canada**  
[www.endingviolence.org](http://www.endingviolence.org)  
For victim-serving and other anti-violence programs in British Columbia.
- **bc211**  
[www.bc211.ca](http://www.bc211.ca) | phone: 2-1-1  
For more information and referral regarding community, government and social services in British Columbia.
- **VictimLink BC**  
1-800-563-0808  
24/7 information and referral services for all victims of crime; immediate crisis support to victims of family and sexual violence.

**Call 9-1-1 if in immediate danger**

## Why Is It Necessary to Talk About Domestic Abuse?

- Domestic abuse can be (and likely is) happening in your community; church membership is not a “ticket” to be free from domestic abuse.
- Every community member can and should play a role in preventing all forms of abuse.
- Destigmatizing domestic abuse (by becoming educated about it and speaking openly about it) goes a long way toward breaking the silence that surrounds it.
- We need to be able to recognize domestic abuse, knowing that abuse may not happen 24/7, but often assumes a cycle like the one below:



### Isaiah 41:10

*Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of My righteousness.*

BNRC Abuse Prevention Committee  
8920 Broadway Street, Chilliwack, BC V2P 5W1

Are YOU or someone  
you know experiencing  
**DOMESTIC  
ABUSE?**

## What Is Domestic Abuse?

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Domestic abuse is a pattern of violent or aggressive behavior used in a domestic setting by an individual to control someone else – often a partner or spouse. This can include:

- **Physical Abuse**  
*Hitting, slapping, pulling hair, shoving, kicking, scratching, spitting on, threatening with weapon, throwing items, etc.*
- **Emotional/Psychological Abuse**  
*Name-calling, insults, constant criticism, humiliation, the “silent treatment”, controlling time spent with others, monitoring phone calls/emails, destroying property, etc.*
- **Sexual Abuse**  
*Forced sexual activity, unwelcome touch, inappropriate sexual name-calling or communication, forcing immodest dress, etc.*
- **Economic Abuse**  
*Controlling and/or restricting access to money, keeping money for self, destroying property, interfering with partner’s work, etc.*

## Who Experiences Domestic Abuse?

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Domestic abuse can happen to ANYONE, regardless of race, religion, marital status, age, gender, education, income, etc.

Abusers can be ANYONE, even well-respected community or church members.

## What Can I Do if I Am Experiencing Domestic Abuse?

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- Know that **no one** *deserves* to be abused. It is not your fault.
- If you are in **immediate danger**, call 9-1-1.
- **Find support.** Tell others about what is happening to you. Learn about available community resources.
- Do not wait for your abuser to self-correct abusive behavior. Without professional help, abuse may escalate over time.
- **Make a safety plan.** Know how to leave, whom to call, and where to go if you are in danger. Memorize the emergency phone numbers in your plan.
- **Teach your children** what to do in an emergency situation.
- Consider your **legal options**. Think about whether to file a restraining order.
- Be careful when using technology; your computer and phone activities can be traced.



## How Can I Help Someone Who Is Experiencing Domestic Abuse?

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- Believe him/her.
- Listen with empathy and without judgement.
- Help him/her find community resources (*see back of pamphlet for local programs*).
- Help him/her create a safety plan.
- Discuss options, but encourage him/her to make his/her own decisions.
- Call resources/hotlines (*numbers provided on back of pamphlet*) for further information about how you can help.
- If a child is involved, contact your local child protection agency to report domestic abuse.

## What if I Am the One Behaving Abusively?

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- Take responsibility for your actions and their consequences on those around you.
- Know that **change is possible**, but you must **take action** immediately, or your behavior will continue to worsen.
- Seek help from those around you and resources in your community (*numbers provided on back of pamphlet*).