Where Can I Get Help?

- **Your Pastor or Church Leaders**
- **Ann Davis Transition Society**
  604-792-2760
  www.anndavis.org
  For 24/7 immediate assistance, if you are fleeing violence or at risk of violence, call the Transition House: 604-792-3116.
- **Chilliwack Community Services**
  Specialized Victim Services
  604-792-4267
- **Mennonite Central Committee End Abuse Programs**
  Lydia Fawcett
  604-850-6639
  lydiafawcett@mccbc.ca
- **Wilma's Transition Society**
  604-858-0468 (Transition House)
  604-824-0939 (Administrative Office)
  www.wilmastransitionsociety.org

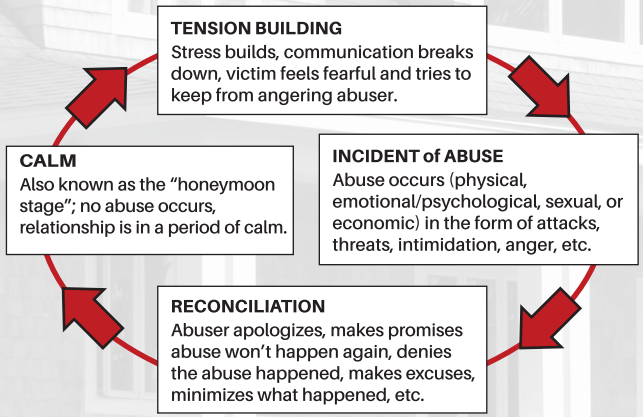
Additional Resources

- **Chilliwack Community Services- Specialized Victims Assistance Program**
  www.comserv.bc.ca/svap | 604-792-4267
  For information, legal assistance, referrals, resources and emotional and court support for victims and families.
- **RCMP Resources:** Relationship Violence
  https://rcmp.ca/en/relationship-violence
  For further information on relationship violence.
- **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 follows 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
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Are YOU or someone you know experiencing

DOMESTIC ABUSE?

What Is Domestic Abuse?

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?

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?

- 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?

- 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?

- 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).*