



THE FACE OF

ABUSE IS NOT

ALWAYS BRUISED

People who abuse and people who are abused live and work among us in Niagara. It is our responsibility to help where we can.

## 1 IN 4 CANADIAN WOMEN ARE VICTIMS OF ABUSE. ARE YOU WORKING WITH ONE?

If you suspect a colleague is living with abuse there are things that you can do to help. Begin by educating yourself about the signs of family violence, how you can help, and how your workplace can be supportive.

THE ONTARIO  
TELEPHONE  
FOUNDATION

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TELEPHONE  
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**stop**  
FAMILY VIOLENCE  
*it's everybody's business*

### DIRECT SIGNS THAT MAY INDICATE FAMILY VIOLENCE -

- have injuries like bruises, black eyes or broken bones, often explained by 'falls,' 'accidents' or 'being clumsy'
- wear clothing that is not appropriate for the season, such as long sleeves and turtle necks in summer, or wear heavy makeup (may be covering injuries)
- have an increased number of phone calls, e-mails or faxes; have a strong reaction to these calls or a reluctance to talk with the caller
- experience disruptive visits to the workplace by a present or former partner
- refer to bad moods, anger, temper, alcohol or drug abuse by partner

### INDIRECT SIGNS THAT INDICATE STRESS, WHICH COULD BE A RESULT OF FAMILY VIOLENCE -

- be absent or late for work more often (could indicate disruptive incidents at home)
- show signs of anxiety, fear, emotional distress or depression
- show a change in job performance, such as poor concentration, more errors, slowness or inconsistent work quality
- make special requests, such as leaving early
- be withdrawn, unusually quiet or keeps away from others
- have irrational fears about losing the job (job loss could be even more disastrous for someone in an abusive situation)

Visit [www.stop-family-violence.com](http://www.stop-family-violence.com) to learn more.

Women's Place of South Niagara (Welland, Port Colborne, Pelham, Wainfleet) 905-788-0113  
Women's Place of South Niagara (Nova House) (Niagara Falls, Fort Erie & surrounding areas) 905-356-5800  
Gillian's Place (North Niagara - St. Catharines, N-O-T-L, Thorold, Grimsby) 905-684-8331  
Niagara Regional Sexual Assault Centre (CARSA) 905-682-4584