

A Workplace Toolkit

Family Violence Services and Resources



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1) Emergency: 911

**Niagara Regional Police –
The Domestic Violence Investigator**

Welland (905) 735-7811

**St. Catharines/Thorold
(905) 688-4111**

Grimsby (905) 945-2211

Niagara Falls (905) 688-4111

Fort Erie (905) 871-2300

Port Colborne (905) 735-7811

**Ask for the Domestic Violence
investigator.**

The Domestic Violence Officer investigates and monitors the District response to Domestic and Family Violence.

2) Directory for Community, Social, Health and Government Services: 211

www.211Niagara.ca

3) Transition Houses/Shelters

**Women's Place of South Niagara Inc
Welland Centre (905) 788-0113**

**Nova House (Niagara Falls)
(905) 356-5800**

Provides shelter (Welland and Niagara Falls locations) for abused women and their children. Services include: crisis intervention and emotional support, one on one case planning based on an educational model, support groups, child/youth programming, court support services, public education, volunteer training, information and referrals. Note: Individual visits can be arranged for women who do not wish to stay in the shelter but require help.

**Women's Place
(St. Catharines & North Niagara)
(905) 684-8331**

Provides confidential counselling and information by phone 24 hours a day, 7 days a week. Collect calls are accepted. Safe, emergency shelter (open 24 hours a day) including all meals, emergency clothing and personal items. Confidential, one-to-one and/or group counselling by qualified staff. Programs and counselling for children who have witnessed or experienced violence and abuse. Family law advice and information and advocacy in the criminal justice system. Advocacy and referral to community resources, including income support, housing help, and education upgrades. Accompaniment and assistance during appointments at the hospital, legal services, police station. And social services, etc., as required. Free emergency transportation, if required. Follow-up assistance for former residents. Safety Planning.

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4) Sexual Assault/ Domestic Violence

**Niagara Region Sexual Assault
Centre (CARSA INC)
(905) 682-4584**

Provides support and counselling to survivors of sexual assault, incest and child hood sexual abuse. 24 hour crisis line – anonymous and confidential- for survivors of recent or past sexual assault and abuse. Individual counselling, support groups and theme-based workshops for survivors and support available for family and friends. Outreach counselling available at several locations throughout Niagara Region. Hospital accompaniment for survivors on an emergency basis 24 hours/day. Information accompaniment and referrals to other agencies also available during police investigation and court proceedings.

**Sexual Assault/Domestic Violence
Treatment Program Niagara
(905) 684-7271 ext. 45000**

Provides 24 Hour EMERGENCY MEDICAL CARE and crisis intervention to all individuals who have been sexually assaulted within the last 3 days. Services are provided through a specialized team sensitive to the needs of survivors. Options of care include emotional support, prophylactic treatment of sexually transmitted diseases, HIV post exposure prophylaxis, pregnancy prevention, and the collection of forensic evidence to assist in the legal process. Victims of domestic violence have options of medical treatment, documentation of injuries, safety planning and police involvement.

5) Counselling

**Family Counselling Centre
(905) 937-7731 ext. 3345
1 - (888) 937-7731**

The Centre provides a range of professional counselling and programs to individuals, couples, families or groups who are experiencing personal, social or work problems which are contributing to marital or family difficulties. Also offers group therapy that brings together people who are dealing with a common problem such as separation, incest or anger management. Parenting concerns ~ marital or sexual problems ~ depression ~ stress ~ abuse ~ aging ~ work problems ~ motor vehicle accident recovery ~ trauma ~ grief ~ separation or divorce issues.

**Design for a New Tomorrow
(905) 684-1223**

Provides individual and group counselling to enable women to become non-victims of violence or abuse.

**Centre de Sante Communautaire
Hamilton/Niagara (905) 734-1141
French Crisis line 1-(877) 679-2229**

A multi-disciplinary agency serving the French speaking population of Niagara. Provides counselling and practical help such as accompaniments to lawyers, appointments, referrals for housing, safety planning, etc.

**Niagara Regional Native Centre
(905) 688-6484**

Provides crisis intervention and support services to those who are at risk or are currently experiencing family violence and/or crisis in their lives. Offers supportive peer counselling, referrals to community agencies, healing/talking circle, cultural events and other forms of support from the aboriginal perspective.

6) Child Protection

**Family and Children's Services
(905) 937-7731 ext. 3345
1-(888)- 937-7731**

Mandated by the Child and Family Services Act to provide child welfare services to the Niagara Region. Offers a wide range of services aimed at strengthening families and protecting children from all forms of abuse and neglect.

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WEBSITE RESOURCES

Education Wife Assault

www.womanabuseprevention.com

Metrac Metropolitan Action Committee
On the Violence against Women and
children

www.metrac.org

National web site linking abused
women to nearby shelters

www.shelternet.ca