

Understanding Abuse

Abuse is a **pattern of behavior** used by an abuser to **establish power and control** over another person. Underlying all abuse is a **power imbalance** between the abuser and the other person.

Abuse is about:

- **A pattern of coercive and assaultive behaviors**, including verbal, psychological, sexual and physical attacks, as well as economic coercion that an abuser uses against an intimate partner.
- **A pattern of behaviors** which includes a variety of tactics – some of which cause physical harm, some which do not – some criminal and some not – carried out frequently and sometimes in daily episodes.

The backgrounds of people who use violence and abuse tactics in intimate relationships span all ages, cultural backgrounds, economic status, educational levels and geographic areas.



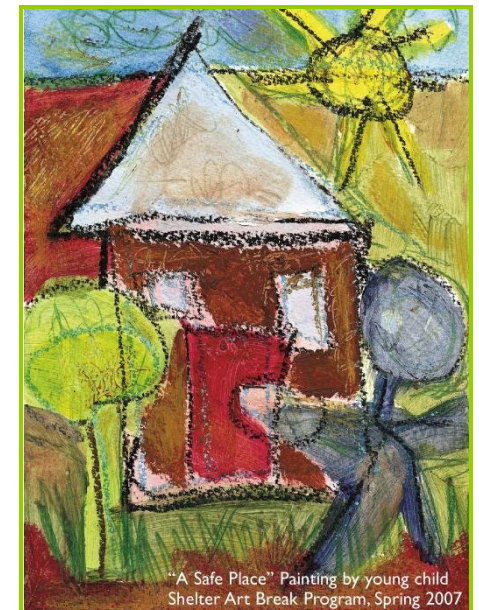
24 Hour Crisis Line
(250) 385-6611

Community Office
#100 – 3060 Cedar Hill Road,
Victoria, B.C. V8T 3J5

Phone: (250) 592-2927
Fax: (250) 592-9279
Email: info@vwth.bc.ca
Website: www.transitionhouse.net



SHELTER PROGRAM



- ❖ 24-hour **CRISIS LINE (250) 385-6611**
- ❖ emotional support and counselling
- ❖ advocacy and assistance with community programs and services

**Transition House is a safe place
for women, with or without children,
who are experiencing abuse.**

Safe, supportive shelter at a confidential location is available for up to 30 days for women, with or without children, who have experienced physical, verbal, emotional or sexual abuse in their intimate relationship.



This service provides more than just safety for a woman (and her family) in need: it is also a place of renewal and support.

**Our Shelter . . .
the first stop on the road to a new life!**



A wide range of support is available, including:

- staff on-site 24 hours a day
- access to individual short-term crisis counselling
- emotional support and counselling
- advocacy and help to access community programs and services
- information and referrals to lawyers, income assistance, low-income housing, etc.
- information and referral on legal issues such as custody, access, police involvement and protection orders
- education and counselling on the dynamics of abuse
- help to develop a safety plan
- weekly support groups for women in the Shelter on issues such as self-esteem, self-care and assertiveness
- assistance with transportation to appointments
- a library of books and videos on women's issues
- clothing and toiletries for residents who are unable to bring belongings with them
- food for women and children residing at the Shelter

**There is no charge for these services.
Please call for more information or support.**

What is the Victoria Women's Transition House Society?

The Victoria Women's Transition House Society provides shelter and services for women, with or without children, who are experiencing abuse in their intimate relationships. We are a charitable agency funded by the Ministry of Community Services, the Ministry of Public Safety and Solicitor General, the Ministry for Children and Family Development together with community funding partners and private donations.

24 Hour Shelter & Crisis Line
(250) 385-6611

Children Who Witness Abuse Program
(250) 592-2927 ext. 204 or 205

Older Women's Outreach and Safe Home Program
(250) 592-2927 ext. 223

Resource Development Office
(250) 592-2927 ext. 214

Spousal Assault Victim Support Program
Victoria (250) 356-1201
Western Communities (250) 391-2864

Stopping the Violence Counselling Program
(250) 592-2927 ext. 202

Volunteer Program
(250) 592-2927 ext. 222

Community Office
Phone: (250) 592-2927
Fax: (250) 592-9279