

## 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](mailto:info@vwth.bc.ca)  
Website: [www.transitionhouse.net](http://www.transitionhouse.net)



## STOPPING THE VIOLENCE COUNSELLING PROGRAM



- ❖ individual counselling
- ❖ support groups

Our services are available without charge to women in the Greater Victoria area

**(250) 592-2927 ext. 202**

## **Abuse is an every day reality for many women.**

One in three B.C. women is assaulted by her husband or partner.

Every year, 2.6 million women in Canada experience violence at the hands of a current or past partner. These statistics do not take into account the number of women experiencing emotional abuse each day.

Violence and abuse against women spans all ages, cultural backgrounds, economic classes, educational levels and demographic areas.

Our services are available without cost to women in the Greater Victoria area.

No referral is necessary to access our counselling services. Just call to set up an appointment to discuss your situation with one of the Women's Counsellors.

## **Individual Counselling**

The Stopping the Violence Counselling Program provides short-term individual counselling for women who have been impacted by an intimate partner who uses abusive and/or violent tactics.

A variety of issues can be addressed, including:

- recognizing abusive behaviors
- understanding the dynamics of abuse
- exploring the impacts of abuse
- developing a safety plan
- considering your possible actions
- reclaiming self-esteem
- setting appropriate boundaries
- fostering self-caring routines
- improving assertiveness skill

We also liaise with, and make referrals to, other local agencies.

## **Groups**

Support groups for women focusing on different issues and topics such as stress and coping, dynamics of abuse, self-esteem, boundaries, assertiveness, healthy anger, healthy relationship choices, etc. are offered different times each year.

Please call for information regarding the next group sessions.

**(250) 592-2927 ext. 202**

## **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 Programs**  
(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