

Need Help? We Can Help!

Family Violence Crisis Lines

Alison McAteer House (Emergency Protection Order designate)	Toll Free Yellowknife	1-866-223-7775 873-8257
Family Support Centre (24 Hours)	Hay River	crisis: 874-6626 874-3311
Transition House 24 hours	Inuvik	777-3877
Sutherland House 24 hours	Fort Smith Toll Free	872-4133 1-877-872-5925
Women and Children's Crisis Centre	Tuktoyaktuk	977-2000
Centre for Northern Families	Yellowknife	873-2566

Victim Services

Yellowknife (collect calls accepted)	Yellowknife, Lutselk'e, Dettah, N'Dilo	920-2978 873-5509 cell 765-8811
Hay River & Outreach Worker	Hay River, Hay River Reserve, Enterprise, Ft. Providence, Ft. Resolution, Kakisa	876-2020 876-2121
Fort Good Hope	Fort Good Hope, Coville Lake, Déline, Norman Wells, Tulita	598-2247 cell 447-2015
Inuvik	Inuvik	777-5493
Beaufort Delta Outreach Worker	Aklavik, Ft. McPherson, Holman, Paulatuk, Sachs Harbour, Tsiigehtchic, Tuktoyaktuk, Ulukhaktok	777-5480
Fort Simpson	Ft. Simpson, Ft. Liard, Jean Marie, Nahanni Butte, Trout Lake, Wrigley	695-3136
Tłı̄chó	Behchokò, Gamètì, Wekweètì, Wha tì	392-6381 ext. 1332 cell 447-2934
Fort Smith	Ft. Smith	cell 621-2273
Manager, NWT Victim Services	Yellowknife	920-6911
Coordinator, NWT Victim Services	Yellowknife	920-6244

Other Contacts

Kid's Help Phone	Toll Free	1-800-668-6868
NWT Help Line 24 hours	Toll Free	1-800-661-0844
Status of Women Council of the NWT & Coalition Against Family Violence NWT	Toll Free Yellowknife	1-888-234-4485 920-6177
NWT Disabilities Council	Toll Free Yellowknife	1-800-491-8885 873-8230
Seniors' Information Line	Toll Free Yellowknife	1-800-661-0878 920-7444
Legal Aid Commission (collect calls accepted)	Yellowknife	873-7450
Beaufort Delta Legal Services Clinic	Toll Free Inuvik	1-800-661-0704 777-7340
YWCA Project Child Recovery	Yellowknife	920-2777 ext. 313
A New Day Counselling (for men who have used abuse)	Yellowknife	873-2201

If you are worried about it
it's worth a phone call.

To get help now please call:
1-866-223-7775
or
your nearest RCMP detachment.

RCMP Telephone

Aklavik	978-1111
Behchokò	392-1111
Déline	589-1111
Fort Good Hope	598-1111
Fort Liard	770-1111
Fort McPherson	952-1111
Fort Providence	699-1111
Fort Resolution	394-1111
Fort Simpson	695-1111
Fort Smith	872-1111
Gamètì	392-1111
Hay River	874-1111
Inuvik	777-1111
Lutsel K'e	370-1111
Norman Wells	587-1111
Paulatuk	580-1111
Sachs Harbour	690-1111
Tuktoyaktuk	977-1111
Tulita	588-1111
Ulukhaktok	392-1111
Wha Tì	573-1111
Wrigley	695-1111
Yellowknife	669-1111

If you or members of your family
are in danger of family violence,
you can get fast protection
through an
Emergency Protection Order
(EPO)

To apply, call Alison McAteer
House toll free at
1-866-223-7775
or
your nearest RCMP detachment.



**RESPECT
IS A CHOICE**



What do you choose?



More info. at:

www.statusofwomen.nt.ca



I was mad so I...

Disrespectful Choices

1. She made me mad so I pushed her.
2. I don't get women so I don't talk to them unless I need something.
3. What's her problem? She can't take a joke? I was complimenting her so why is she so mad?
4. She should do what I tell her to do then I would be happy.
5. I just say the first thing that comes to my head. It's not my fault she is so sensitive. She knows I don't really mean it...
6. I look the other way when my friend yells at his girlfriend.
7. If I call her names and make her feel stupid she stops bothering me.
8. She knows what I like and that I love her, I don't have to remind her all the time.
9. She's asleep so it's ok to have sex. She can't say no. (This is a CRIME!)
10. My kids should listen to what I say and not do what I do. They should listen better.

Respectful Choices

1. I felt mad so we talked about it.
2. I had the courage to examine myself. I looked inward at my own behaviours, attitudes, and biases towards women. Turns out we can work as a team.
3. I stopped laughing at jokes that degrade women. I won't tolerate sexist language, cat calling, and sexist attitudes anymore.
4. I treat all of the women in my life with fairness and equality. Sometimes what I want isn't what she wants and that is ok, we can talk about it.
5. I preserved her dignity when we argued. When we disagree or I am upset in some way I choose my words and actions carefully and think of the outcome.
6. I talk to my friend about respectful conversations and choices.
7. I listened to her side. I didn't interrupt, put her down or demean her opinion. We understand each other more and she gives me the space I need.
8. I acknowledged when she was being helpful or making me feel good. Now she knows all the wonderful things I am thinking about her.
9. I honored her boundaries. I did this by gaining both verbal and non-verbal consent from her before I acted and not taking advantage of her (I did not try to do anything while she was sleeping, too drunk, unconscious or distracted). It's only good when we are both into it.
10. I am, and will continue to be a role model. I teach my kids through example. I admit when I am doing something wrong and I apologize for my actions. My kids are starting to do the same.

You always
have a
choice...



C/o Status of Women Council
of the NWT

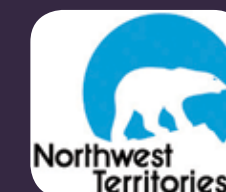
Family Violence & Respect

Abuse or respect within a family comes down to the choices we make. It can be challenging to stay focused on making

respectful choices when someone feels hurt, especially by a loved one. Often we can be focused on getting revenge rather than modeling respect. The problem is that while it may feel good in the moment to act disrespectfully, or even use violence, these choices can have longstanding consequences for relationships.

In the free counselling program, "A New Day" (counselling for men who have used abuse in their relationships), clients are often asked to think about the effect their behaviour will have on others. Keeping this in mind can go a long way in helping to make respectful choices, even if other people are behaving disrespectfully.

Respect is the opposite of violence. It is ok to be angry but how you choose to express that anger is your choice. Choose respect in your relationships. For more respectful options call "A New Day" at 1-867-873-2201.



Funding provided by the GNWT

Family Violence Awareness Week
RESPECT

September 20-26, 2015

For a list of events go to www.statusofwomen.nt.ca



Coalition Against Family Violence