

## You may be in an unhealthy or abusive relationship if your partner:

- Refuses to listen to you or ignores your thoughts or feelings.
- Makes you feel like you're walking on eggshells.
- Makes all the financial decisions or uses your cash, credit or loans.
- Puts you down, calls you names or embarrasses you.
- Blames you when something goes wrong.
- Calls you a bad parent or threatens to take away your children.
- Accuses you of having affairs.
- Forces you to have sex or do unwanted sexual acts.
- Stops you from seeing friends and family.
- Pinches, bites, pushes, slaps, hits, kicks, restrains or strangles you.
- Snoops through your social media, Internet history or emails.
- Threatens to hurt or kill you, members of your family or your pets.
- Threatens to commit suicide when you try to leave.



## COMMUNITY RESOURCES

**780.496.4777**

City of Edmonton

Monday – Friday, 8:30 a.m. – 4:30 p.m.

Call to speak privately with a City social worker.

**780.455.6880**

The Today Family Violence Help Centre

**780.482.HELP (4357)**

Distress Line (24 hours)

**dropinyeg.ca**

Drop-in Single Session Counselling

**310.1818**

Family Violence Info Line

Find additional local resources online at

[edmonton.ca/familysupport](https://edmonton.ca/familysupport).



## Women's Support Groups

*Support groups for women who have experienced abuse in a relationship.*

**Edmonton**



“I had nowhere else to go. I thought that I was the only one experiencing this . . . I no longer feel alone.”

## Women's Groups in Edmonton

The City of Edmonton's women's support groups are designed for women who have experienced control or abuse in their intimate relationships.

Group sessions will help you prepare a safety plan, and teach you about types of abuse and the effects of abuse on you and your family. City social workers can provide counselling, support and connect you to community resources.

### **Making Connections – First Steps**

A weekly drop-in group for women which explores the impact that family violence has had on their lives.

### **Making Connections – Moving Forward**

A 12-week registered support group for women who have experienced control, violence or abuse in an intimate partner relationship. The group moves beyond the discussion of the dynamics of abuse to focus on personal development and growth.

## When and Where are the Groups?

Women's drop-in support groups are offered weekly on the north and south sides of Edmonton, from 6:30 – 8:30 p.m. Registered groups are available throughout the year. Free childcare is provided by qualified staff.

Group locations are kept confidential. For more information or to attend, please contact us at 780.496.4777.