

PROGRAM SERVICES

- Safe space program designed for families fleeing abusive situations
- Anger management programs
- Referrals to counselling for families, individuals and children
- Prevention programs
- Family wellness planning
- Culturally based family programs
- Parent support programs
- Safety planning

TYPES OF ABUSE

- CONTROL
- PHYSICAL ABUSE
- SEXUAL ABUSE
- EMOTIONAL ABUSE & INTIMIDATION
- ISOLATION
- VERBAL ABUSE (COERCION, THREATS AND BLAME)
- USING MALE PRIVILEGE
- ECONOMIC ABUSE



Respecting the Past, Embracing the Future

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FAMILY WELL-BEING PROGRAM

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**Fort William
First Nation**



DOMESTIC ABUSE

DURING A VIOLENT INCIDENT, YOU NEED TO THINK AND REACT QUICKLY TO MAKE SURE THAT YOU AND YOUR CHILDREN STAY SAFE.

Here are some steps that you can take beforehand to help you stay safe during a violent incident:

1. Make sure that you have some clothes ready for your children and you so that you can grab them quickly. If your partner asks you what you are doing, have an answer ready (e.g., "I'm putting some things away" or "I'm getting the kids' clothes ready for tomorrow morning.").
2. Talk about your situation with people that you trust completely. Agree upon a code word that you can use to warn them that you are in danger, so they can immediately call the police. You can also choose a code word with your children so they can protect themselves during a violent episode.
3. Go around each room in your home, and think of how you could escape. If possible, avoid any room without an exit (like a bathroom, basement, or cellar) when you are with your partner. Also avoid places where firearms or knives are stored.
4. Locate the best places to escape to the ground floor, second floor and basement.
5. Always trust your judgement and intuition. Before the situation becomes very dangerous, you should think of ways to calm down the perpetrator. Always remember that your priority is your safety and your children's safety.
6. Regularly review and update your safety plan.

HOW TO HELP

WHAT SHOULD I DO IF I THINK SOMEONE IS BEING ABUSED?

IF SOMEONE IS IN IMMEDIATE DANGER, CALL 911 OR THE EMERGENCY NUMBER IN YOUR COMMUNITY.

Put their safety first. Never talk to anyone about abuse in front of their suspected abuser. Unless they specifically asks for it, never give them materials about domestic abuse or leave information through voice messages or emails that might be discovered by their abuser. However, abuse thrives in secrecy, so speak up if you can do so safely.

If they want to talk, listen. If they don't, simply tell them they do not deserve to be harmed and that you are concerned for their safety. Ask them if there is anything you can do to help, but don't offer to do anything that makes you uncomfortable or feels unsafe.

If they decide to stay in the relationship, try not to judge them. Remember, leaving an abuser can be extremely dangerous. Sometimes, the most valuable thing you can offer a woman/man who is being abused is your respect.

For more information, please contact Sheri Boucher, Family Wellbeing Worker, at 807.622.8802 or email Sheriboucher@fwfn.com.