

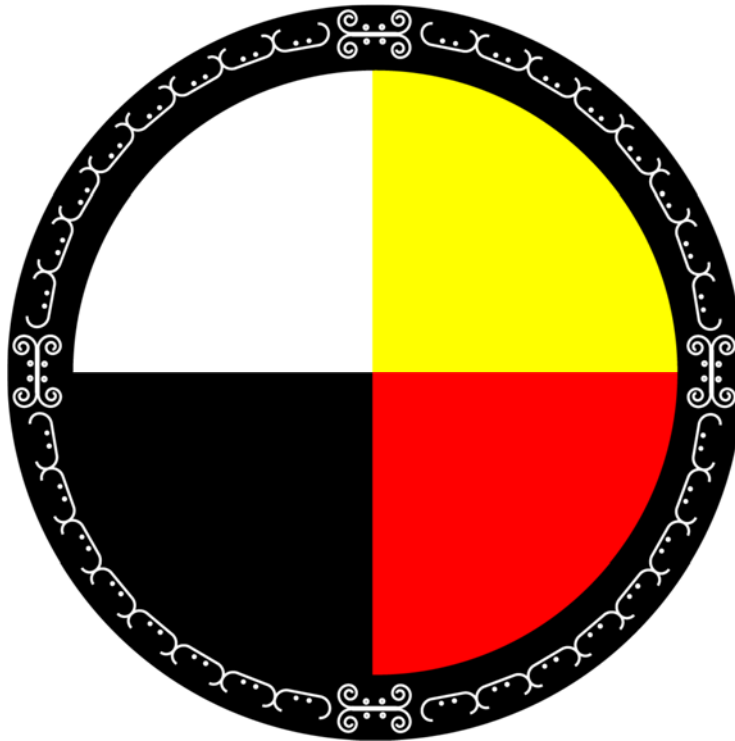


Community Legal Information Association, Inc.

# Health & Safety Plan for Aboriginal Families



892-0853 or 1-800-240-9798 [www.cliapei.ca](http://www.cliapei.ca)



Oh, Great Spirit, whose voice I hear in the winds,  
And whose breath gives life to all the world,  
Hear me, I come before you  
One of your children  
I am small and weak  
I need your strength and wisdom  
Let me walk in beauty  
And make my eyes ever behold the red and purple sunset  
Make my hands respect the things you have made  
My ears sharp to hear your voice  
Make me wise  
So that I may understand the things you have taught my people  
The lesson you have hidden in every leaf and rock  
I seek strength  
Not to be superior to my brothers and sisters,  
But to be able to fight my greatest enemy  
Myself  
Make me ever ready to come to you  
With clean hands  
And straight eyes.  
So when life fades, as the fading sunset,  
my Spirit may come to you without shame.

Prayer by Yellow Hawk, Sioux Chief





**It may not be safe to keep this booklet in your home.** You may wish to ask a trusted family member or friend, or a worker from Chief Mary Bernard Memorial Women's Shelter, Grandmother's House, Victim Services or PEI Family Violence Prevention Services to keep it for you.

Many Island families experience violence in their home. Violent relationships can take many forms. For example, violent relationships may be between parents and their children, teen or adult children and their parents, between siblings, or between heterosexual or same-sex couples or former couples. Anyone can be a victim of violence.

Family violence affects every member of the household. It affects extended families and the community too. Trying to decide what to do can be overwhelming and scary. Taking steps to be safer can be challenging, but a safer, more peaceful home will make your family healthier. You and your family have the right to live without fear and violence.

This booklet is a safety plan workbook. A safety plan is a way for you to prepare ahead in case you face violence in an intimate relationship. It gives you the chance to think about what to do ahead of time and how to handle the situation. No matter what your circumstances are, making a safety plan can help protect you and your children from violence.

This booklet will also give you some information and resources to help the person who is causing the violence. Getting support and information may help the person learn peaceful and healthy ways to be a part of the family and community.

Read through this booklet carefully. When you provide an answer that involves someone else, remember to ask that person if they are willing to help you.

This booklet can be used in many ways. You can read it and not fill it out. You can fill some parts out. You can fill it all out. If some parts are helpful for you, you can tear those sheets out and keep them in a safe place. You decide what is helpful and how you will use it.

At the end of the booklet, you will find a listing of resources. They are divided into three categories:

- Aboriginal Resources
- Non-Traditional or Mainstream Resources
- Traditional Resources

You can choose the resources that best meet the needs of you and your family.





## What is Family Violence?

Family violence is any violence by one family member against another family member. It includes violence by one partner against the other, by a parent against a child, by a child against a parent, between brothers and sisters, or involving grandparents. Family violence can happen in both heterosexual and same-sex relationships, in both current and former relationships. Family violence usually gets worse over time.

Many people do not realize how many forms family violence can take.

### Physical Abuse

- slapping, pushing, hitting, kicking or any kind of physical assault
- forcing someone to stay in a room, bed or chair
- causing physical pain
- handling roughly

### Sexual Abuse

- making unwanted sexual comments
- being watched or recorded for a sexual purpose
- forcing any unwanted sexual contact, from touching to intercourse

### Financial Abuse

- forcing someone to sell property or possessions
- pressuring someone to buy things for others
- stealing someone's money or possessions
- using someone's PIN number without permission
- committing fraud or forgery against someone

### Emotional and Psychological Abuse

- intimidating, humiliating, insulting, frightening, threatening or ignoring a person
- treating a person like a child
- keeping a person from seeing family and friends

You are in an abusive relationship if your spouse, boyfriend, girlfriend or partner:

- is overly jealous and controlling
- keeps you from spending time with friends and family
- puts you down and calls you names
- slaps or pushes you around
- forces you to have sex
- threatens to commit suicide if you leave or break up with them





## If you are in a violent relationship

People living in violent relationships are often able to see that there is a cycle to the violence. Things may be calm for a while and then the tension and anger build up. Family members may feel they are “walking on egg shells”. An argument may start. The violent partner may “explode” and become threatening or violent. This can be a very dangerous time and it is important to plan what you will do to keep yourself and your children safe.

If you are in a violent relationship and expect violence is about to happen get out of the house. Take your children. Call 911.

If an argument is developing, I will try to avoid places in the house where I may be trapped or where possible weapons are available such as the kitchen, bathroom or workshop. Bigger rooms with more than one exit may be safer. The places where I will go are:

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If I have to get out, what doors, windows, elevators or stairwells would I use? This is the route I will use:

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This is another route I can use:

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I can keep a bag of essentials like medications, medical cards, status cards, some money, an extra set of house or apartment keys, and car keys ready to grab and go quickly. A safe place I can leave it or keep it hidden is:

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I can tell a neighbour, friend, or family member about the violence and ask that they call 911 if they believe a violent incident is happening. The person I will tell is:

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I can use a code word with my older children or trusted friends or family so they can call for help. My code word could be:

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I will visit police and talk to them about the violence in my relationship. I will ask them to open a file in my name.

A violent incident is very scary for a child. Talking to your children about safety and what they should do is important. During a violent incident you may not be able to protect your children, so it is important that you create a safety plan with them.



I can teach my children to pick a safe room to go to, preferably with a lock on the door, if violence is about to occur. I will show them how to lock the door. I won't leave my children unless I must go very quickly. This is important for possible custody issues later.

I know the best thing my children can do during a violent episode is to get away and protect themselves. If they see me being abused, I can tell them to get out of the house, to hide, or:

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I can teach my children how and when to call 911 and what to say. The things children need to say when they call 911 are:

Full name:

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Civic Address:

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What to say: *“Call police, Mommy (or Daddy) is being hurt”* (The police will call back after the child hangs up. In most areas of PEI, the police will also respond in person. )

If my children can't get to a phone in my house, I can talk to them about going somewhere else to get help. Other places to go for help could be:

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If the children have to leave the house, we can plan to meet at a safer place. Our safe meeting place will be:



If I have to leave home quickly, I can go to a shelter, a hotel, friends or family. If I am planning to stay with friends or family, I will remember to ask if it's okay. My options are:

Where	Phone	How I will get there
The Chief Mary Bernard Memorial Shelter Lennox Island (women)	(902) 831-2332	
Anderson House Charlottetown (women)	1-800-240-9894 or (902) 892-0960	
Bedford MacDonald House Charlottetown (men)	(902) 892-9242	
Family		
Friends		
Motel / Hotel		
Other		

Some people stay with family or friends in other parts of PEI or other provinces. Some people choose to stay with friends or family on a reserve with another First Nation or in another province.





You may be planning to leave your abusive partner while things are calm. Here are some things you may want to consider.

I can gather together copies of important documents such as status cards, birth certificates, health cards, my partner's social insurance number, and passports. The person I will ask to keep these for me is:

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or

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I can open a bank account in my name only to give me the freedom to leave. I may be able to save some money from the Child Tax Credit, the grocery money, or:

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I will remember to tell the bank not to send mail to my home address.

If I don't have transportation, the person I can ask for a ride is

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and their telephone number is

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I can also call the Chief Mary Bernard Memorial Shelter at 902-831-2332 or Anderson House Women's Shelter toll free at 1-800-240-9894 or in Charlottetown at 902-892-0960, to help me make transportation arrangements.



It may not be safe to tell your spouse or partner you are leaving.







## Services that can help at this time

A major concern for many people at this time is the safety and well being of pets and farm animals. Anderson House works with the PEI Humane Society to help provide foster care for some pets or larger animals. I can call Anderson House at 1-800-240-9894 or in the Charlottetown area at 902-892-0960. Or I can ask a friend or neighbour to look after my animals.

Plans for my animals can be:

Pet / Animal	Name of foster caretaker	Phone

I can get legal advice from a lawyer. If I don't have a lawyer, I can call Community Legal Information Association Lawyer Referral Service at 1-800-240-9798 or 902-892-0853 in Charlottetown. For a nominal fee, I can meet with a lawyer for a brief consultation.

The Mi'kmaq Confederacy of PEI Indigenous Justice Program has a culturally sensitive justice program that includes healing circles and conflict resolution circles. I can call them at 902-367-3681 or 902-314-5963.

I can call Family Legal Aid to see if I am eligible for a lawyer. The number in Charlottetown is 902-368-6540 and in Summerside it is 902-888-8066. I will ask if I can get a written visitation/ custody agreement.

Victim Services in Charlottetown at 902-368-4582 or in Summerside at 902-888-8218 can provide me with information about the criminal justice system, short term counselling and emotional support, court preparation, help in preparing a victim impact statement, referrals to other services, assistance under the *Victims of Family Violence Act*, and financial information. **I can ask to speak with an Aboriginal Victim Assistant.**





I can contact the Lennox Island Family Violence Prevention Program at 902-831-2711. They can give me and my family counselling and assistance.

The Mi'kmaq Family Resource Centre, in Charlottetown, may be able to help me and my children during this time. I can reach them at 902-892-0928.

I may wish to contact the Mi'kmaq Family PRIDE Program for support for me and my children. They can be reached at:

Summerside	902-436-5101 ext. 232
Abegweit First Nation	902-676-2722
Lennox Island First Nation	902-831-2711

I may wish to contact the Lennox Island Health Centre at 902-831-2711 or the Scotchfort Wellness Centre at 902-676-2175 for counselling, medical services, and health programs.



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## Things to consider if you live on-reserve

If you live on-reserve, division of marital property (including the family home) after divorce or separation can be complicated. For the most part, provincial laws about matrimonial property do not apply on-reserve. As well, the *Indian Act* does not deal with marital property. This means that it is very difficult and often impossible for the courts to help you to get a share of the family home after a separation.

Provincial laws can still help you to determine how to divide the overall value of all matrimonial property (house, cash, cars, etc.). You can ask a court to decide what your share of the matrimonial property will be, which is usually 50%. The court can order one spouse to pay the other to make an equal division of the couple's total matrimonial property. Even with a court order, it can be difficult to get what is owed to you. There is no law the court can use to force the sale of a home on a reserve.

If your spouse has a Certificate of Possession for the matrimonial land or home, you will not be able to get possession of the home. If both of your names are on the certificate, neither one of you can be forced to leave the home. You can find out whose name is on the certificate from the band office or through Indian and Northern Affairs Canada (1-800-567-9604).

If your family was given the property by the Band, you will have to ask the Band to make a decision about who will be allowed to stay in the home.

You may wish to use the Lawyer Referral Service at 902-892-0853 or 1-800-240-9798 to get legal advice on division of property on reserve.

As of the print date of this booklet, Bill S-4 for an *Act* entitled *Family Homes on Reserves and Matrimonial Interests or Rights Act* was before the Senate. If proclaimed, this *Act* will radically change how matrimonial property is dealt with on-reserve.

This information is adapted from: *Information on spousal rights to the family home on reserves*, 2004, produced by Indian and Northern Affairs Canada.





## Phone Safety

I will make sure my lawyer or support person will not contact me at my home address. I can ask them to:

- call a friend or family member and leave a message for me to call back
- use Call Block \*67 so their number does not appear on my call display (see the white pages of your telephone book for more information).



I can keep change with me for phone calls at all times. I will not use a telephone credit card. I can use a pay phone, a friend's phone or a friend's calling card. I can tell anyone who may want to call me how to use Call Block \*67.

I can keep my cell phone charged.

I can get a cell phone from Victim Services, Anderson House, or most police departments that can be used to call 911 only.

Just before I leave, I will consider clearing my phone of the last number I called so it can't be re-dialed.

## Computer Safety

Using email and finding resources on the Internet can put you at risk for harm. Your activities could be monitored by your partner or ex-partner. Monitoring another person's activity on the Internet is not difficult. Internet browsers record a history of recently visited web sites. Your safety could be jeopardized if your partner or ex-partner checks your Internet history. It may be safer to get information on the Internet from a computer your partner or ex-partner can't access.

I can use a web-based email service, like Yahoo, Gmail or Hotmail. These are accessible only with a password.

I can use passwords that are not easy to guess. Easily guessed passwords include your birthday, your child's birthday, your birth name.

I can make sure the box "remember my username" or "remember my password" is not checked.

I can delete emails from the sent box and also delete the trash box in my email program. I know there is a chance that messages can still be recovered from my internet service provider.

If my partner or ex-partner sends me harassing emails, I can save them as evidence. If my partner or ex-partner is making threats against me, I will call the police.





I can keep all personal files on a disk or memory stick and hide it.

In email correspondence, I can avoid emailing information that my partner or ex-partner may be able to use against me. For example, I won't make threats like "I'll kill him!", or "I'm taking the kids and she'll never see them again!"

I will disable the webcam. A webcam is a video camera that hooks into the computer, and allows video or a succession of still images to be instantly transmitted to other people through the internet. Many laptops and newer computers come with a built-in webcam. I will call the company that made my computer or the dealer who sold me the computer and ask how to disable it.

I can empty my "Recycle Bin" before shutting down the computer, to make sure that all deleted files have left the computer. Some one who knows a lot about computers may still be able to recover deleted files from the computer hard drive.

To learn more I can visit <http://www.shelternet.ca/en/women/internet-safety/>





## What I Need to Take with Me

- Medication for me and my children
- Keys: house, car, office
- Money, my credit cards, jewellery
- Health cards, vaccination records for me and my children
- First Nation Status Cards for me and my children
- Cheque books, bank books, my debit cards
- Children's favourite toys, blankets, books
- Marriage, divorce or separation papers
- Work permits such as a green card
- Passport, immigration papers
- Social Insurance card and my partner or ex-partners' social insurance number (social insurance numbers can be used to help locate people for child support or serving a court document)
- Driver's license and registration
- Address book, pictures, photos
- Emergency Protection Orders, Court Orders
- Lease, mortgage, insurance papers
- Hearing aids, eye glasses, mobility aids
- Change of clothes
- Charged cell phone and charger
- Anything else that is important to me



I can take out half the funds from any joint bank account and deposit it in an account in my name. I know that the money can be considered when we do a division of property later.

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## After You Leave a Violent Relationship

The most dangerous time for a victim of family violence is after he or she leaves their partner. It is important to have a safety plan for your new home in case your abuser shows up there.

The legal system can help protect you from an abusive partner. There are a number of court orders that can restrict one person's contact with another. Some of these orders are called Emergency Protection Orders, Victim Assistance Orders, Restraining Orders, Undertakings, or Peace Bonds. You can get some orders on your own. For others, you need to have the help of Victim Services, police or a lawyer to get an order.

Court orders are available through the criminal law system in Provincial Court and Supreme Court, and through the family law system in Supreme Court. You can learn more from *Court Orders for Your Protection*, a publication by Community Legal Information Association. It is available on the website [www.cliapei.ca](http://www.cliapei.ca), or by calling 1-800-240-9798 or 902-892-0853.

An Emergency Protection Order (EPO) or a Victim Assistance Order (VAO) may allow you to stay in your home. Your violent partner may have to leave the home. You can ask police or Victim Services to help you get an Emergency Protection Order or Victim Assistance Order. You can ask for support from a Aboriginal Victim Assistant from Victim Services.

Some provisions of an EPO or VAO that relate to property may not apply on a First Nations reserve. The *Victims of Family Violence Act* is a provincial law and property on reserve falls under federal law. You may wish to speak with the Band Council, RCMP officer responsible for the reserve, or Victim Services about your situation to see what options are available to you.

Some of the things I can ask to have included in my EPO or VAO are that my partner or ex-partner:

- Has no contact with me or my family members
- Stays away from my workplace
- Has no contact with my co-workers
- Does not terminate basic services or utilities (telephone, electrical, water, and sewer)
- Makes rent or mortgage payments

Other things I will ask to have included in an EPO or VAO are:

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(for example: car insurance payments, use of the car, pet or animal responsibilities, etc.)

If my partner or ex-partner destroys my court order, I can get another copy from Victim Services or the police.

It is a good idea to carry your order with you at all times. You need to contact police when the court order has been violated.





A no-contact clause in my court order means that I or my partner or ex-partner can be charged if we contact each other. If I need to discuss anything with my partner or ex-partner, how can I do this without breaching the order?

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I will call police any time the order is breached and keep a record of the incidents. I can use this chart to record any breaches.

**Keep track of any breaches**

<b>Date</b>	<b>Incident</b>	<b>Witnesses</b>	<b>Reported?</b>







If I move to a new place I will check to see that it has:

- a well-lit entrance
- locks on all doors and windows
- deadbolts on the doors, if possible (ask the landlord or Band Council if deadbolts can be installed).

I can tell my children to call 911 if my ex-partner shows up.

If I move I will notify local police, give them my new location, and tell them of the court order and my ex -partner’s history of violent behaviour.

I can give a list of people who can pick my children up to daycares, sitters, and my children’s schools. The people who have my permission to pick up my children are:

Name	Relationship	Phone Number

I can ask a trusted neighbour to call 911 if they suspect I am in danger or if they see my partner or ex-partner around my place. I will ask:

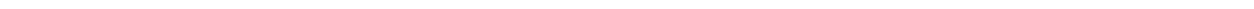
Name & Phone Number:



Name & Phone Number:



Name & Phone Number:





If my ex-partner is allowed visitation, I can ask for it to be supervised. I can drop my children off and pick them up in a public place. This public place can be:

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or

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I can also ask someone I trust to drop off and pick up the children. The person I will ask is:

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I can tell service providers not to give out my phone number, address, or appointment times.  
 The places I will contact are:

Place	Phone Number	Contacted?
Doctor		
Dentist		
Bank		
Hairdresser		





## For at Work or Public Places

Who will I tell at work about my situation and what will I tell them?

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If my ex-partner shows up at work, I will ask

to call 911.

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Is it possible for someone at work to screen my calls? If possible, who can I ask to do this?

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If I am being followed by my ex-partner while I am driving, I can drive to the nearest police station. If I am being followed while I am walking, I can go into a store and call 911.

Before I get in my car, I will look in the back seat to be sure it is empty.

I can buy a whistle or a special personal alarm to call attention to myself if I'm being harassed. I can get a whistle at a sporting goods store and I can ask Victim Services about an alarm.

I will only go out with friends with whom I feel safe. Some people I feel I can go out with and be safe are:

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## **Further Safety Planning**

Everyone’s situation is different. You may have safety concerns that are not covered in this booklet. In the space provided below, you can write out your safety concerns and how you will address them.

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## Dealing with Racism and Cultural Insensitivity

Most programs and service providers do their best to provide safe, sensitive services and supports. Despite this, you may find yourself in a situation where you are not being treated fairly or with dignity and respect. You should be treated as an equal and your ethnicity and culture should be respected.

If you find yourself in a situation where your cultural needs are not being met, you can:

- explain to the person what your needs are and try to work together to meet those needs
- ask to make another appointment so you can bring a support person with you
- choose to look for help and support at an Aboriginal program
- choose to speak to an Elder about traditional ways to deal with the issue
- use traditional and non-traditional programs at the same time

If you find yourself in a situation where you are being treated unfairly because of your race or culture, you can:

- explain to the person how you feel and see if there is a way to resolve the issue
- ask to speak to a supervisor about the issue
- choose to look for help and support somewhere else
- contact the Human Rights Commission to talk to their staff about what has happened

On PEI, we have a law called the *PEI Human Rights Act*. It says that every person is free and equal in dignity and rights. If you would like to learn more about human rights or making a human rights complaint, you can contact the PEI Human Rights Commission at 902-368-4180 or 1-800-237-5031 or you can visit their website at [www.peihumanrights.ca](http://www.peihumanrights.ca)





## The Health and Well Being of the Person who is Violent

Everyone in a family and in a community matters. Each person has a place in the group. For many Aboriginal Islanders, the community is very small. This means that, even when a relationship ends, both people may still be in the same small community. Each person may be related to many people in the community.



There are resources and supports for people who are violent. People can learn new and peaceful ways to deal with conflict and stress. Sometimes people need support overcoming things from their past.

### *Aboriginal Resources*

*MCPEI Indigenous Justice Program* provides support to Indigenous people on PEI. The aim of the program is to provide community based alternatives to deal with crime. Their goal is to get to the root of the issues that lead to a crime and work on restoring balance. They can be reached at 902-367-3681 or 902-314-5963 or on the web at [www.mcpei.ca](http://www.mcpei.ca)

The *National Native Alcohol and Drug program* is available on reserves at both First Nations on PEI and off reserve through the Native Council of PEI. They provide services to help individuals who struggle with drug and alcohol issues.

- Abegweit: 902-676-3007
- Lennox Island: 902-831-2711 or 902-831-3604
- Native Council of PEI: 902-892-5314 or 1-877-591-3003

### *Non-Traditional or Mainstream Resources*

*Turning Point* provides counselling to men who want to stop controlling and abusive behaviour towards their female partner. The program focuses upon the development of skills related to problem solving and communication, allowing participants to deal with anger and other emotions in a constructive manner. Turning Point has an Aboriginal Case Worker available. They can be reached at 368-6392.

*Community Mental Health* provides counselling and a wide range of programs for people facing stressful life situations, mental health disorders and mental illness.

- Montague: 902-838-0960
- Souris: 902-687-7110
- Summerside: 902-888-8380
- Alberton: 902-853-8670
- Charlottetown: 902-368-4430 (Richmond Centre) or 902-368-4911 (McGill Centre)

*The John Howard Society* helps and supports individuals who have become involved in the criminal justice system. They can be reached at 902-566-5425.





### ***Traditional Resources***

For traditional teachings, practices, and ceremonies, please contact your closest band office, the Native Council of PEI or the Mi'kmaq Confederacy of PEI. They can give you the name of an Elder who can help you. Depending on the Elder, tobacco may be offered.

- Lennox Island First Nation: 902-831-2779 or 902-831-2493
- Abegweit First Nation (Scotchfort, Morell, Rocky Point): 902-676-2353
- Native Council of PEI (Off-reserve): 902-892-5314 or 1-877-591-3003
- Mi'kmaq Confederacy of PEI: 902-436-5101 or 1-877-884-0808

## **The Health and Well Being of the Children**

Family violence is very damaging to children, even when they are not being abused directly. As well, if the family must break up temporarily or permanently, children can feel a lot of fear, anger and confusion.

Your children may need support to cope with the situation and their feelings.

### ***Aboriginal Resources***

*The Mi'kmaq Family PRIDE Program* provides support to on-reserve Aboriginal families. They work toward the wellness, protection and safety of Aboriginal children and Aboriginal families. They can be reached at:

- Summerside: 902-436-5101
- Lennox Island: 902-831-2711
- Abegweit: 902-676-3007

*The Mi'kmaq Family Resource Centre* works to strengthen and support families with culturally sensitive programs, like a drop in centre, community kitchen and support group. You can learn more about the Centre by calling 902-892-0928 or going to their website at [www.mikmaqfamilyresources.ca](http://www.mikmaqfamilyresources.ca)

### ***Non-Traditional or Mainstream Resources***

*Catholic Family Services Bureau* has a Family Education Program with many courses that may be helpful for families, including *Active Parenting*; *Building Self-Esteem*; and *Managing Stress*. This organization also provides counselling. Catholic Family Services Bureau has a sliding scale fee. This means the cost of service depends on how much money you make. They can be reached at 902-894-3515 or on the web at [www.catholicfamilyservice.ca](http://www.catholicfamilyservice.ca)

*Family Ties* is a program that helps parents and children deal with problems to avoid children being placed in group homes or hospitals. Counselling is available for teens between the ages of 12 and 18. This program can be reached at 902-368-4871.







There are a number of programs in PEI designed to help families and children up to the age of six. They have programs that can help you with parenting:

- Families First, in Montague: 902-838-4600 or [www.familyfirst.com](http://www.familyfirst.com)
- Family Place, in Summerside: 902-436-1348 or [www.peifamilyplace.com](http://www.peifamilyplace.com)
- Kids West Family Resource Centre, in Alberton: 902-853-4066 or 1-800-778-3444 or [www.kidswestinc.com](http://www.kidswestinc.com)
- Main Street Family Resource Centre, in Souris: 902-687-3928
- CHANCES, in Charlottetown: 902-892-8744 or [www.chancesfamily.ca](http://www.chancesfamily.ca)
- Cap Enfant, in Wellington: 902-854-2123

*Family Service PEI* has offices in Summerside and Charlottetown. They provide counselling, family programs, and programs to help people with stress and anger. They have a sliding scale fee. They can be reached at 902-892-2441 or 1-866-892-2441 in Charlottetown. In Summerside, they can be reached at 902-436-9171. They also have a website at [www.familyservice.pe.ca](http://www.familyservice.pe.ca)

### ***Traditional Resources***

For traditional teachings, practices, and ceremonies, please contact your closest band office, the Native Council of PEI or the Mi'kmaq Confederacy of PEI. They can give you the name of an Elder who can help you. Depending on the Elder, tobacco may be offered.

- Lennox Island First Nation: 902-831-2779 or 902-831-2493
- Abegweit First Nation (Scotchfort, Morell, Rocky Point): 902-676-2353
- Native Council of PEI (Off-reserve): 902-892-5314 or 1-877-591-3003
- Mi'kmaq Confederacy of PEI: 902-436-5101 or 1-877-884-0808

## **The Health and Well Being of the Community**

Although some people like to think family violence doesn't happen on PEI and although it is often hidden from the public, family violence can have a profound effect on the community. A community in crisis or a community in need of healing may call upon the Elders to perform traditional ceremonies of healing and balance. The community may also wish to ask for help outside of the community.





## Resources for You and Your Family

### In an emergency:

Emergencies 911

Emergencies are defined as:

- Any crime in progress (break & enter, robbery, etc)
- Any situation where people or property are at risk (assault, fire, children on ice, etc)
- Any medical emergency (heart attack, accidental poisoning, etc)

If you need to report an emergency – dial 9-1-1. Stay on the line, stay calm and explain the emergency, as well as the full civic address where the emergency is occurring. The address and telephone number from which you are calling is automatically displayed to the operator when calling from a landline phone. The 911 Operator will transfer you to the appropriate Emergency Service. Stay on the line until you are told to hang up. If you tell children to call 911, see page 6.

If you do not have an immediate emergency, call police.

#### *Municipal Police*

Charlottetown Police Department	902-629-4172
Summerside Police Department	902-432-1201
Kensington Police Department	902-836-4499

#### *RCMP Detachments*

Charlottetown RCMP	902-368-9300
Summerside RCMP	902-436-9300
Alberton RCMP	902-853-9300
Montague RCMP	902-838-9300
Souris RCMP	902-687-9300

### Aboriginal Resources

#### *Chief Mary Bernard Memorial Women's Shelter*

Provides safe and supportive housing on Lennox Island to both aboriginal and non-aboriginal women and their children who are experiencing family violence and for women who are homeless. 24-hour crisis line: 902-831-2332

#### *Aboriginal Victim Assistants*

Work closely with Victim Services to help deliver services to Aboriginal victims of crime. This free and confidential service is for all Aboriginal victims of crime, both on and off reserve. This service is available by speaking to a Victim Services Worker. They can be reached in Charlottetown at 902-368-4582 or in Summerside at 902-888-8218.





*First Nations and Inuit Hope for Wellness Help Line*

If you're experiencing emotional distress and want to talk, call the First Nations and Inuit Hope for Wellness Help Line at 1-855-242-3310. It's toll-free and open 24 hours a day, 7 days a week.

*Lennox Island Family Violence Prevention Program*

Provides counselling services and assistance to families affected by violence, focusing on education and prevention. 902-831-2711

*Mi'kmaq Confederacy of PEI Indigenous Justice Program*

Provides community based alternatives to deal with crime. Their goal is to get to the root of the issues that lead to a crime and work on restoring balance. They provide conflict resolution circles, early intervention circles, sentencing circles, and healing circles. They can be reached at 902-367-3681 or 902-314-5963 or on the web at [www.mcpei.ca](http://www.mcpei.ca)

*Mi'kmaq Family Resource Centre*

Works to strengthen and support families with culturally sensitive programs, like a drop in centre, community kitchen and support group. You can learn more about the Centre by calling 902-892-0928 or going to their website at [www.mikmaqfamilyresources.ca](http://www.mikmaqfamilyresources.ca)

*Mi'kmaq Family PRIDE Program*

Provides prevention services and supports the protection of children in both First Nations. Works from a holistic and culturally sensitive approach to individual, family and community wellness, and risk reduction through prevention services and support.

Summerside	902-436-5101
Abegweit First Nation	902-676-2722
Lennox Island First Nation	902-831-2711

For other information such as employment training, housing, other health and wellness issues, you may wish to contact:

- Abegweit First Nation: 902-676-2353
- Lennox Island First Nation: 902-831-2779 or 902-831-2493
- Native Council of PEI: 902-892-5314 or 1-877-591-3003
- Mi'kmaq Confederacy of PEI: 902-436-5101 or 1-877-884-0808

**Mainstream or Non-Traditional Resources**

*Family Violence Prevention Services Inc*

Anderson House (24-hour crisis line)

Provides 24-hour service for physically and emotionally abused women and their children. Emergency shelter, food and clothing; crisis telephone service; counselling, emotional support, information and referral. Wheelchair accessible. 1-800-240-9894 or 902-892-0960





*Outreach Services*

Outreach Support Services are services available for women and their dependent children in Queens, West Prince, East Prince and Eastern PEI. Services include: crisis support and information, follow-up confidential support, information about other services available in the community, advocacy/accompaniment (when appropriate) with agencies and organizations, assistance in arranging emergency shelter for women and their children, and support groups.

West Prince	902-859-8849
East Prince	902-436-0517
Eastern PEI	902-838-0795
Queens	902-566-1480

*Liberty and Beyond Liberty Support Groups*

Support groups for women who have been abused by their partners. The groups run twice a year in the Spring and Fall. They are held in West Prince and you can contact them at 902-859-8849.

*PEI Rape and Sexual Assault Centre*

Provides a crisis line for victims of rape and sexual assault including incest and spousal rape. Trained volunteers answer calls and provide information, advocacy and support. Provides counselling to both male and female victims of rape and sexual assault.

Main office	902-566-1864 or 1-866-566-1864
Therapist office	902-368-8055 or 1-888-368-8055

*Island Help Line*

24-hour free, bilingual, confidential telephone service for all Islanders. Provides information, support, crisis counselling on family matters, child abuse, alcohol and drugs, parenting and suicide. 1-800-218-2885

*Victim Services of Prince Edward Island*

Provides information about the criminal justice system, short term counselling and emotional support, court preparation, help in preparing a victim impact statement, referrals to other services, assistance under the *Victims of Family Violence Act*, and financial information.

Charlottetown	902-368-4582
Summerside	902-888-8218

*Community Legal Information Association*

Provides legal information, referrals, publications on legal topics in both official languages, and public speakers, workshops and presentations on legal topics. The inquiry line is confidential and you do not need to give your name. 1-800-240-9798 or 902-892-0853

*Lawyer Referral Service:* Island lawyers volunteer to provide brief consultations with people who need legal advice. There is a nominal fee for this service. 1-800-240-9798 or 902-892-0853





*Family Legal Aid*

Services to low-income clients in family law matters concerning children. Victims of family violence are a priority.

Charlottetown	902-368-6540
Summerside	902-888-8066

*Child Abuse Line*

Provides child protection services for abused children. After-hours calls concerning child abuse are screened and, if necessary, referred to workers on call across PEI. PEI requires mandatory reporting of the abuse of children. Abuse includes exposure to family violence.

Week days: 902-368-5330 or 1-877-341-3101

Evenings, weekends and holidays: 902-368-6868 or 1-800-341-6868

*Adults Protection Program*

The Adult Protection Program provides help or intervention to vulnerable adults who are unable to protect themselves from abuse or neglect. For more information, call Home Care and

Support:

Charlottetown	902-368-4790
Montague	902-838-0772
O’Leary	902-859-8730
Souris	902-687-7096
Summerside	902-888-8440

*PEI Humane Society*

The P.E.I. Humane Society provides animal protection services province wide. 902-892-1190 or 892-1191.

*Bedford MacDonald House*

Provides shelter to homeless men in Charlottetown. There is a charge of \$25/day for men with an income. 902-892-9242.

**Traditional Resources**

You may decide to use traditional teachings and ceremonies to help you through this time. For traditional teachings, practices, and ceremonies, please contact your closest band office, the Native Council of PEI or the Mi’kmaq Confederacy of PEI. They can give you the name of an Elder who can help you.

Elders are the “keepers of the culture”. They are keepers of spiritual knowledge that has kept the culture alive through thousands of years. Their knowledge of ceremonies and traditional activities, of laws and rules set down by the Creator, enables the Mi’kmaq people to live as a Nation. Not all Elders are seniors and not all old people are Elders. Some are quite young.





The Elders share their cultural knowledge through action, example, and oral traditions (*Mi'kmaq on Epekwitk: Learning about the Mi'kmaq of PEI*, Mi'kmaq Confederacy of PEI). Depending on the elder, tobacco may be offered. Tobacco is one of the sacred medicines.

- Lennox Island First Nation: 902-831-2779 or 902-831-2493
- Abegweit First Nation (Scotchfort, Morell, Rocky Point): 902-676-2353
- Native Council of PEI: 902-892-5314 or 1-877-591-3003
- Mi'kmaq Confederacy of PEI: 902-436-5101 or 1-877-884-0808

### ***Smudging***

Smudging is a cleansing ceremony that cleanses the mind, body, spirit and emotions. You offer tobacco to the Elder who will do the smudging. Make sure you take off all jewellery and glasses. The Elder will burn sweetgrass, cedar or sage. The smoke is brushed over your hands, your eyes, nose, ears, mouth, over your head, over your heart and the length of your body. Each part is cleansed by the smoke; the smoke attaches itself to negativity and carries it away. Elders can also smudge a home, brushing the smoke into it, room by room to bless and purify the home. Smudging clears out the mind, body and spirit to communicate with the Creator; to find guidance and protection; and to balance energies. (Judy Clark, *Mi'kmaq on Epekwitk: Learning about the Mi'kmaq of PEI*, Mi'kmaq Confederacy of PEI)



### ***Sweat Lodge***

Sweat lodges are circular shaped structures, with a pit in the center for heated stones. Through the use of heated stones, known as grandfathers, water is sprinkled to create a steam needed to cleanse the body and spirit. Sweats may be done for healing, to prepare for another ceremony, or for a simple spiritual cleansing. The lodge provides a safe, sacred place where you can concentrate on the spirits that are invited to the ceremony. Sweats can be for general prayer time or for specific healing of a person or community. (*PowWow Guide*, Native Council of PEI and Mi'kmaq Spirit at <http://www.muiniskw.org>)

### ***Talking Circle***

The talking circle allows people to talk to each other respectfully and equally. A talking stick or item is passed to individuals in a clockwise direction. When a person is holding the item, they can share their thoughts. No one else can speak while someone is holding the item. If someone does not wish to speak, they simply pass the item to the next person. The item may go around several times; when everyone has had the opportunity to speak as many times as they wish, the conductor ends the circle. (*PowWow Guide*, Native Council of PEI)





This booklet has been prepared and published by Community Legal Information Association of Prince Edward Island, Inc. (CLIA). It contains general information only. It does not contain a complete statement of the law in this area and it does not provide legal advice. To obtain legal advice, contact a lawyer. If you don't know a lawyer, call the Lawyer Referral Service at 902-892-0853 or 1-800-240-9798 toll-free. The Lawyer Referral Service provides a brief consultation with a lawyer for a nominal fee. As changes in the law occur, the information in this pamphlet may go out of date.





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For more information, you can telephone CLIA at 892-0853 or 1-800-240-9798, visit our website at [www.cliapei.ca](http://www.cliapei.ca) or email us at [clia@cliapei.ca](mailto:clia@cliapei.ca). We are on Facebook: [www.facebook.com/CLIAPEI](http://www.facebook.com/CLIAPEI)

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