

## The Outreach Centre:

### What is the Outreach Centre?

CAWOS began in 1984 as an agency devoted to supporting women affected by family violence. This continues as a special emphasis in programming, public service and public education. Today we have expanded our programming to help all individuals meet their personal goals and find solutions to the barriers they face.

**Mission:** Working to end family violence and poverty by supporting people in their pursuit of a safer, healthier more secure life.

**Mandate:** Help people address domestic abuse and overcome the effects of poverty through the development of effective partnership, relationship, education and programs.

Our model is to provide families with a variety of formats in which to learn more effective coping skills and options for making positive choices in their lives and the lives of their families.

*If you have any questions or concerns please contact The Outreach Centre at 403-347-2480.*

*Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.*

*Margaret Mead*

*Even the smallest piece of the puzzle is needed to complete the picture.*

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The Women's Outreach would like to acknowledge and thank all our funders who help to financially support our programs and services to help us strengthen the lives of families in Central Alberta.

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### The Women's Outreach is funded in part by:

Alberta Health Services

Alberta Law Foundation

Central Alberta Child and Family Services

Family and Community Support Services

Private/Anonymous Donors

Justice and Solicitor General

Canadian Women's Foundation

United Way of Central Alberta

Alberta Human Services

The City of Red Deer

Service Canada

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### Hours of Operation

Monday thru Friday

8:15 - 4:15

(Open through lunch hour)

### You can find us at:

4101-54 Avenue  
Red Deer, Alberta, T4N 7G3

### Contact us at:

Phone: (403) 347-2480  
Toll Free at : 1 (866) 347-2480  
e-mail at: outreach@womensoutreach.ca  
On the Web at: www.womensoutreach.ca

# The Outreach Centre

## Domestic Violence



*If you want to go somewhere fast, go alone*

*If you want to go far, go together*

*~african proverb~*



## What is Abuse?

Domestic violence is defined as a pattern of abusive behaviours by one partner against another in an intimate relationship such as a past or present marriage, dating, family, or cohabitation. Domestic violence has many forms including physical aggression or assault (hitting, kicking, biting, pushing, pinching, restraining, slapping, strangling, throwing objects) or threats thereof; sexual abuse; emotional abuse; controlling or domineering; intimidation; stalking; harassment; passive/covert abuse (neglect); and financial abuse.

Domestic violence is not a crime of passion and it is not a private matter. It is about exercising power and control over another human being. It affects people of all ages, rich and poor, rural and urban, female and male, from every cultural and educational background.

## What can I Do?

If you are abused by a partner or spouse, you should know that it is wrong. Help is available. In an emergency, call the police. To speak with a domestic violence support worker, call (403)347-2480 or toll free at: 1(866)347-2480

REMEMBER  
HOPE?

*We Do Too.*

## Are you being Abused?

- Are you frightened by your partner's temper?
- Are you afraid to disagree?
- Do you feel like there is "no way out" of your relationship?
- Does your partner put you down, but then tell you that he/she loves you?
- Does your partner treat you roughly, grab, push, pinch, shove or hit you?
- Does your partner call you several times a night or show up to make sure you are where you say you are?
- Does your partner blame you for how he/she feels or acts?
- Does your partner threaten to hurt your pet or children if you don't comply with his/her wants or desires?
- Has your partner made you economically dependent on him/her?
- Have you been slowly isolated from family and friends?

REMEMBER  
SAFETY?

*We Do Too.*

If you have experienced any of the above you may be in a abusive relationship. You can contact a Domestic Violence Support Worker to explore your options at:

(403)347-2480 or toll free at: 1(866)347-2480

REMEMBER  
FAITH?

*We Do Too.*

## Who can I call?

Emergency (police, fire, ambulance)	911
RCMP Complaint Line	403-343-5575
Victim Services	403-406-2345
RCMP Blackfalds Complaint Line	403-343-5591
Blackfalds Victim Services	403-885-3355
Women's Emergency Shelter	403-346-5643
Outreach Centre (Women's Outreach) Toll Free	403-347-2480 1-866-347-2480
Sexual Assault Support Centre	403-340-1124
Mental Health Help line	1-877-303-3642
AB Employment & Immigration (Income Support)	403-340-5485
Family Violence Info Line	403-310-1818
Legal Aid Alberta	403-340-5119