

# Safety Take Out Menu

***For Women who are homeless or at risk of homelessness or street involved***

☆ Created for you with advice from women who have been “there”!



## **My Sisters' Place**

A safe, supportive community  
For women facing homelessness  
566 Dundas Street  
London, ON N6B 1W8  
Phone: 519 679 9570  
Toll Free: 1-877-859-0352



## 1. Prevention Strategies:

### Partner violence

- Go to another part of the city where the abuser would not think of going
- Ask for help at a shelter or day program like My Sisters' Place.
- Go to the house of a friend or relative.
- Go to a safe place

SAFE PLACE	PHONE #
At^lohosa Native Family Healing Services	519-438-0068
Salvation Army Centre of Hope	519-661-0343
Crouch Neighbourhood Resource Centre	519-642-7630 ext. 225
London Inter-Community Health Centre	519-660-0874
London Public Library	519-661-4600
My Sisters' Place	519-679-9570
Streetscape	519-439-7700
Unity Project	519-433-8700
Youth Opportunities Unlimited: Youth Action Center	226-777-0116 ext. 3
SHELTERS	PHONE #
Centre of Hope	519-661-0343
Rotholme Shelter	519-673-4114

St. Thomas Shelter	1-800-265-4305 or 519-633-0155
Unity Project	519-433-8700
Women's Community House	519-642-3003
Women's Crash Beds - Mission Services	519-439-0239
Women's Rural Resource Centre, Strathroy	519-246-1526
Youth Opportunities Unlimited: Youth Action Center	519-434-6500
Zhaawanong Shelter	519-432-2270
FRANCOPHONE CRISIS LINE	PHONE #
Carrefour des Femmes	1-888-858-0954

### Random Violence

- Trust your instincts
- Be alert to your surroundings
- Stand tall and keep eyes alert
- If you sense danger go to a public place and ask for help
- Sleep in a shelter or public place

### Sexual Violence

You do not owe ANYONE sex.

- Try NOT to sleep outdoors by yourself
- **Call 911** if you are attacked

- For safety you should carry condoms.
- Get condoms at any day program and at **Regional HIV/AIDS Connection of London 519-434-1601**
- Use less alcohol & drugs so you can be alert & stay safe
- Take your medication to stay well and keep strong

### Physical Health and Safety

If your health deteriorates you become more vulnerable to physical violence.

- Take advantage of supplies available at Day programs and shelters, such as:
  - ☆ Tampons, soaps, toothpaste, shampoo, cream rinse etc.
- Keep your hair cut short or tie it up
- Keep your meds in a safe place or with a person you trust

### Substance Abuse and Violence

- You never deserve to be abused in any shape or form
- If you are injecting drugs, carry your own needles and/or equipment – Clean needles are available from most street outreach workers and the Needle Exchange.

### Mental Illness and Violence

- If you feel depressed, anxious, or are hearing voices or seeing things, you are not alone. Living on the streets causes many women to feel this way.
- Talk to an outreach worker, mental health worker, support worker, doctor or someone you trust. Call the **24 hr Crisis**

**Support Line at 519-433-2023** or the **Distress Line at 519-667-6711**

### Survival Sex

If you exchange sex for drugs, alcohol, shelter, protection, food, or money.

- Avoid wearing clothing that can be used to hurt you, such as long necklaces and chokers
- If you are working alone, pretend to be working with a partner.
- Agree on a price and obtain money first – to decrease the risk of violence

If you are in trouble call the London Police and ask for Lorna Bruce from **“Persons at Risk” Program 519-661-5861**

### Prevent a Sexually Transmitted Infection

- Use a new condom for each sexual act and water-based lube to keep condom from breaking
- Wipe off lipstick and chapstick before oral sex (the oils in them can disintegrate a condom)
- Check your date/John for visible signs of infection before sex. Ask them if they have any STI's. Check for sores, open wounds and rashes.

### 2. What to do - During Crisis:

Remember that you NEVER deserve to be attacked, beaten or raped.

- Try to keep yourself away from bottles or other potential weapons that could harm you
- Call for support:
  - ☆ Women's Community House, 24-hr crisis service **519-642-3000** or **1-800-265-1576** (toll free)

### 3. Responding to Crisis:

- If you need medical attention go to the hospital or **call 911**
- Make sure you are safe and physically away from your abuser
- Go to a women's abuse shelter. A support worker can help you look for a safe shelter
- Can you stop *using* for a few days to be in a safe place such as a shelter?

### Physical Health and Sexual Violence

At an Emergency Room you can access:

- Detection of rape drugs within 72 hrs
- HIV preventative medication within 72 hrs
- Preventative medication for other Sexually Transmitted Infections within 72hrs
- Emergency contraception – also called “Morning After Pill” prevents pregnancy from occurring (effective up to 5 days)
- Anonymous testing for HIV at **Regional HIV/AIDS Connection 519-434-1601** or **Options Clinic (London Intercommunity Health Centre) 519-673-4427**

- Confidential testing for HepC/HIV or STI's at **Middlesex-London Health Unit 519-663-5446**
- If you are raped talk with a support worker at the **Sexual Assault Centre of London 519-438-2272** or go to the **Regional Sexual Assault & Domestic Violence Treatment Centre at St. Joseph's Hospital 519-646-6100 ext. 64224** between the hours of 8 – 4pm from Monday to Friday. In an emergency or after hours go to the Emergency Room at Victoria Hospital.
- A Sexual Assault Nurse can help you in a sensitive and gentle manner and can collect the appropriate evidence
- If you want to file a police report and have evidence collected, it is preferable that you do not bathe, shower, brush your teeth or change your clothes. If you have already changed put your old clothes in a bag and bring them with you to hospital.
- You should still be examined for injuries and preventative care
- You can get information about therapeutic abortions from **London Health Sciences Centre, Women's Health Care Clinic 519-685-8204**
- Even if you don't want to press charges you can still file a police report anonymously
- You can receive support for partner abuse at **London Abused Women's Centre 519-432-2204**

## Human Trafficking

Human trafficking exists when human beings are exploited and controlled for financial, social or sexual gain. It is about the relationship. It starts with seduction. Traffickers foster love and a sense of belonging that often leads to coercion and violence. It is helpful to think of human trafficking as a new form of slavery.

- **The Sexual Assault Centre of London** provides services for individuals who have been or are being trafficked. If this describes your experience you can call them at **519-438-2272** for support
- You can also seek support and shelter from **Women's Community House 519-642-3000**
- You can also contact **The London Police Service's Crisis Intervention and Victim Support Unit** at **519-661-5636** for guidance and support.

## Legal Issues

The sooner you report an incident to the police, the easier it will be to catch the perpetrator.

- **Call 911** during or immediately after a sexual assault, or incident of partner violence. Time allowed to file a police report for sexual assault is limitless.
- You can file a police report right at the police station if you wish.
- Contact the police to obtain a restraining order. Benefits of a restraining order are: it serves as proof of abuse for getting into subsidized housing; your perpetrator is

mandated to not abuse you and to stay away from you.

- You can also obtain a peace bond. You need to present proof of stalking or assault to a judge or Justice of the Peace. You can apply for one at the Court House.
- If possible, collect evidence to support your case. Take photos, look for cameras in the area where the incident took place. Check to see if anyone was around who could act as a witness.
- If you require support in court you can call the **Victim/Witness Assistance Program** at **519-660-3041**
- If you have been a victim of a crime, you can apply to get money for your suffering through the **Criminal Injuries Compensation Board** at **1-800-372-7463**

## Multicultural Support

### Important Contact Information

- Si votre langue maternelle est le français il existe une ligne d'urgence en cas de crise appelé **Carrefour de Femme** que vous pouvez signaler sans frais au **1-888-858-0954**/ If French is your first language there is a crisis line that provides support in French called **Carrefour des Femmes**. You can call them toll free at **1-888-858-0954**
- If you speak a language other than English or French and need an interpreter you can call **Across Languages** at **519-642-7247**. Interpretation services for women who have been abused are free of charge.
- If you are a newcomer to the country the **Cross Cultural Learner's Centre** offers a number of services that can be helpful

in times of need. They can be contacted at **519-432-1133**.

- **LUSO Community Services** is another helpful resource for newcomers to Canada and they can be contacted at **519-452-1466**

## Aboriginal Women

### Importance of Safety

Native Women are also at risk of violence and experience higher rates of poverty, unemployment, mental health issues, domestic violence, addiction and sexual abuse than the mainstream population.

### Coping/Healing Strategies and Resources

- Seek healing assistance from the creator, Elders and aboriginal support groups
- Access ceremonies for healing, i.e. Thirteen Grandmother Moon teaching, and medicine wheel
- Ask for help from family and friends

ABORIGINAL CENTRES	PHONE #
At^Lohsa Native Family Healing Services	519-438-0068
My Sisters' Place	519-679-9570
N'Amerind London Friendship Centre	519-672-0131
Southwest Ontario Aboriginal Health Access Centre	519-672-4079
Zhaawanong Shelter	519-432-2270

## 4. Other Services:

- Visit [informationlondon.ca](http://informationlondon.ca)
- Dial 211 for community, social, non-clinical health and related government services

### Addictions

- ConnexOntario's Drug and Alcohol Helpline: 1-800-545-8603
- (1) CMHA Mental Health and Addictions Crisis Centre: 648 Huron St, 519-434-9191, open 24/7, bus routes 1, 16, 27, 32
- (2) Addiction Services of Thames Valley: 200 Queens Ave, 519-673-3242, open M-T 8:30-8, W 8:30-12 and 1-4:30, Th-F 8:30-4:30, bus routes 1, 2, 3, 4, 6, 13, 21, 26, 104, 106
- Street Level Women at Risk: 519-518-2438 ext. 202
- (3) Quintin Warner House: residential program, 477 Queens Ave, 519-434-8041, open M-F 8:30-5, bus routes 2, 20
- (4) Salvation Army's Withdrawal Management Centre: residential program, 281 Wellington St, 519-432-7241, open 24/7, bus routes 1, 3, 7, 9, 13, 19, 26

### Advocacy and Legal

- (5) CMHA Justice Services: Court Diversion Program (80 Dundas St, 1<sup>st</sup> floor, 519-660-3169, by appointment, bus routes 2, 5, 9, 11, 12, 19, 20, 23), Justice Community Support (648 Huron St, 519-434-9191, open M-F 8:30-4, bus routes 1, 16, 27, 32)

- (6) Maison Louise Arbour: residential facility for females 18+ involved in the Criminal Justice system, 658 Little Grey St, 519-85-1975, admin open M-F 8:30-4:30, bus routes 3, 16, 92
- (7) Ministry of Community Safety and Correctional Services: 1165 Oxford St E #7, 519-679-7121, bus routes 4, 17, 20, 104
- (8) Office of the Public Guardian and Trustee: 199 Dundas St, Suite 100, 519-660-3140, open M-F 8:30-5, bus routes 2, 4, 6, 7, 9, 12, 13, 19, 20, 21, 26, 90, 102, 104, 106
- (9) Salvation Army's Correctional and Justice Services: 281 Wellington St, 519-432-9553, open M-F 9-5, bus routes 1, 3, 7, 9, 13, 19, 26

### Clothing and Household Items

- (10) Ark Aid Street Mission: 696 Dundas St, 519-667-0322, bus routes 2, 20
- Inn Out of the Cold (Central United Church): 135 Wellington St, St Thomas, 519-637-9898, 6pm-8am
- (11) Salvation Army's Community and Family Services: 179 Horton St E, bus routes 3, 4, 6, 13, 15, 26, 104

### Domestic Violence and Sexual Assault

- (12) Family Service Thames Valley: 125 Woodward Ave, 519-433-0183, open M-Th 9-8 and F 9-4, bus routes 8, 9, 17, 19, 20
- (13) Muslim Resource Centre for Social Support and Integration (MRCSSI): 111 Waterloo St (Unit 312), 519-672-6000, open M-F 9-4, bus routes 1, 13
- Street Level Women at Risk: 519-518-2438 ext. 202

- (14) Children's Aid Society: 1680 Oxford St E, 519-455-9000 (or 519-858-5998 after hours), open M-F 8:30-4:30, bus routes 17, 36
- (15) Merrymount Health Zone: 1064 Colborne St, 519-434-6848, open 24/7, bus route 1

### Drop-In Centres, Street Outreach and Crashbeds

- (10) Ark Aid Street Mission: 696 Dundas St, 519-667-0322, bus routes 2, 20
- (16) CMHA London Coffee House: 371 Hamilton Rd, 519-204-4719, open M-F 9-11am and 5:30-7:30pm, weekends 11am-2pm, bus route 3
- London CAReS Street Outreach and Mobile Unit: 519-667-2273, operates 24/7
- (17) Sanctuary London: 513 Talbot St, 519-280-8895, bus routes 3, 4, 6, 13, 21, 90, 104, 106
- (18) St. Joseph's Hospitality Centre: 707 Dundas St, 510-432-0660, open M-F 9:30-2, bus routes 2, 16, 20, 92

### Emergency Shelter and Transitional Housing

- Inn Out of the Cold (Central United Church): 135 Wellington St, St Thomas, 519-637-9898, 6pm-8am

### Employment Assistance

- (1) CMHA Employment Support: 648 Huron St, 519-434-9191, bus routes 1, 16, 27, 32

### Food

- (10) Ark Aid Street Mission: 696 Dundas St, 519-667-0322, bus routes 2, 20

- (19) Crouch Neighbourhood Resource Centre: 550 Hamilton Rd, 519-642-7630, open T-F 9-5, bus route 3
- Inn Out of the Cold (Central United Church): 135 Wellington St, St Thomas, 519-637-9898, 6pm-8am
- (17) Sanctuary London: 513 Talbot St, 519-280-8895, bus routes 3, 4, 6, 13, 21, 90, 104, 106
- (20) St. Mary's Parish: 345 Lyle St, 519-434-9121, on bus route 7
- (21) Youth Action Centre: 332 Richmond St, 226-777-0116, open M-F 8am-9pm, bus routes 3, 4, 5, 6, 15, 23, 26, 104

### Healthcare

- (22) Allan Rush Gardens Health Zone: 6 Barberry Ct, 226-777-1988, open M-F 8:30-4:30, bus route 1
- (1) CMHA Clinical Services: 648 Huron St, 519-434-9191, bus routes 1, 16, 27, 32
- (12) Family Service Thames Valley: family counseling, 125 Woodward Ave, 519-433-0183, open M-Th 9-8 and F 9-4, bus routes 8, 9, 17, 19, 20
- Health Link Thames Valley Family Health Team: 519-473-0539 ext. 451
- (23) Parkwood Institute Acquired Brain Injury Program: 550 Wellington Rd, 519-685-4064, on bus routes 6, 13, 16, 24
- (24) Southdale Health Zone: 1057 Southdale Rd E, 226-777-1988, open M-F 8:30-4:30, bus routes 13, 14

- (25) Southwest CCAC: 356 Oxford St W, 1-800-811-5146, client services open 8-8, bus routes 17, 20, 33, 91
- (26) Vanier Children's Services: parenting and health programs for young families, 871 Trafalger St, 519-433-3101, open M-F 9-5, bus route 3
- (27) Victorian Order of Nurses: 1151 Florence St #100, 519-659-2273, bus route 7

### LGBT2Q+ Supports and Resources

- (12) Family Service Thames Valley: 125 Woodward Ave, 519-433-0183, open M-Th 9-8 and F 9-4, bus routes 8, 9, 17, 19, 20

### Mental Health

- (10) Ark Aid Street Mission: family counselling, 696 Dundas St, 519-667-0322, bus routes 2, 20
- (28) Child and Parent Resource Institute (CPRI): 600 Sanatorium Rd, 519-858-2774, open M-F 8:30-5, bus route 17
- (1) CMHA Clinical Services: 648 Huron St, 519-434-9191, bus routes 1, 16, 27, 32
- (1) CMHA Mental Health and Addictions Crisis Centre: 648 Huron St, 519-433-2023, open 24/7, bus routes 1, 16, 27, 32
- ConnexOntario's Mental Health Helpline: 1-866-531-2600
- (29) Daya Counselling Centre: family counselling, 141 Dundas St (6<sup>th</sup> floor), 519-434-0077, open M-F 9-4, bus routes 2, 4, 5, 6, 9, 11, 12, 19, 20, 26, 90, 102, 104, 106
- (12) Family Service Thames Valley: 125 Woodward Ave, 519-433-0183, open M-Th 9-8 and F 9-4, bus routes 8, 9, 17, 19, 20

### Money



- (12) Family Service Thames Valley: 125 Woodward Ave, 519-433-0183, open M-Th 9-8 and F 9-4, bus routes 8, 9, 17, 19, 20
- (30) Ontario Works: 151 Dundas St, 519-661-4520, open M, W-F 8:30-4 and T 8:30-5:30, bus routes 4, 6, 26, 90, 102, 104, 106
- (11) Salvation Army's Community and Family Services: 179 Horton St E, bus routes 3, 4, 6, 13, 15, 26, 104
- (31) Salvation Army's Housing Stability Bank: 281 Wellington St, 519-964-3663 ext. 300, M and Th 8-6, T-W and F 8-4, on bus routes 1, 3, 7, 9, 13, 19, 26

### Newcomer and Immigrant Services

- (32) Collège Boréal's Access Centre: Citi Plaza 355 Wellington St (unit 279), 1-800-361-6673 ext. 7100, open M-Th 8:30-6:30 and F 8:30-4:30, bus routes 1, 2, 3, 7, 9, 12, 13, 19, 20, 26, 90
- (13) Muslim Resource Centre for Social Support and Integration (MRCSSI): 111 Waterloo St (Unit 312), 519-672-6000, open M-F 9-4, bus routes 1, 13

### Social and Affordable Housing

- (33) London Housing Access Centre: 379 Dundas St, 519-434-3344, open M-F 8:30-4, bus routes 2, 7, 20

