



FAMILY SERVICE TORONTO
For People. For Change.

**VIOLENCE
AGAINST WOMEN
PROGRAM**

If you are a woman dealing with abuse in your relationship – we can help.

YOU ARE NOT ALONE

Sometimes women in relationships are abused physically, emotionally, psychologically or through a combination of these. Abuse happens in all social classes, ethnic, racial and religious communities. As a woman, you may be called names, cut off from family and friends and have untrue things said about you while also being physically hurt and controlled. It is always a difficult situation: you may care for the abuser; have children with him or depend on him financially.

The VAW program at Family Service Toronto helps women in abusive relationships get the support they need to survive, grow stronger and identify the choices they have to facilitate the changes they want in their lives.

HOW WE HELP

Every year we offer confidential support to more than 1,000 women seeking help. On the phone, at appointments or in groups, someone will listen and you will learn:

- that you are not alone and you have options
- what you can do to increase your safety and learn new coping skills
- what abuse is and why it happens
- how you can build on your strengths and increase your self-esteem
- ways to restore a sense of control and hope in your life
- how you can plan for the future even in the worst of circumstances

We will also help you to link to other community supports you need such as shelter, legal advice and longer-term housing.

COMPASSION. COMMUNITY. CONNECTION.

Family Service Toronto is one of Toronto's oldest non-profit social service agencies, serving thousands of individuals and families in need each year and advocating for people who are marginalized.

We consider family to be two or more people, whether living together or apart, related by blood, marriage, adoption or commitment to care for one another. We welcome diversity and are committed to a policy of equity and inclusion.

SERVICE LOCATIONS

Our VAW program offers professional, confidential counselling in the following areas: West Scarborough, North York and Rexdale.

VAW services are available in a variety of languages – English, Pashto, Dari, Farsi, Tamil, Punjabi and other South Asian languages – to women of diverse backgrounds, or with intellectual disabilities, living or working in Toronto.

HOW TO REACH US

Please call the FST Service Access Unit at **416.595.9618** to arrange for an appointment or for more information about other programs.

Our services are available to anyone living or working in Toronto. Please visit our website at **www.familyserVICEToronto.org**

There are no fees for VAW services.

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United Way
Member Agency