



Safety Planning & Resources during and after COVID-19

For women, their children & trans people experiencing sexual or domestic violence at home.

If you are in immediate danger or are afraid for your life, please call 911.

When Dialing 911:

- Remember that there is no charge when dialing 911 from a pay phone. The call is also free from cell phones.
- Remember that if you call from a land line, you can leave the phone off the hook after you have dialed 911 and the police will come to your location. This can be particularly useful if you have any communication difficulties. **However, if you call from a cell phone, the police cannot tell where you are calling from, so be sure to give them your address immediately.**
- For TTY access (telephone device for the deaf) press the spacebar announcer key repeatedly until a response is received.
- If you do not speak English, **tell the call-taker the name of the language you speak.** Stay on the line while you are connected to interpreter services that will provide assistance in your language. Try to remain on the line until the call-taker tells you it is okay to hang-up.

This short booklet was designed to provide women and trans people resources and strategies to increase their safety at home during and after COVID-19. It focuses on safety planning and resources currently available in Toronto and Ontario.

As survivors we honour that you are the expert in what you need to survive and feel safe and we know that many of us also need the acknowledgment and support to create a safer life for ourselves.

You are not alone; you are not to blame. Nothing you or your children did or can-do warrants violence or the feeling of being scared in your home.

We also honour that you have already kept yourself safe and alive until this very moment and we hope that you can continue this journey with support.

People choose to use violence against women, trans people and children to further disempower us and use dominance over us. It is never a “loss of control” or “a moment of weakness” **and it is never your fault.**

These suggestions may or may not work for every person and we hope they serve as a guide or resource for you and the people in your life who may be experiencing violence. This is written from lived experience, research from our sister organizations and gender-based violence prevention and response best practices.

If you are unsure what consent is, or what healthy relationships based on consent look, sound and feel like, please visit Planned Parenthood for some great resources.

<http://www.ppt.on.ca/facts/consent/>

Or check out this amazing healthy relationship brochure from YWCA :

https://ywcacanada.ca/wp-content/uploads/2018/10/Healthy-Relationship_EN_Web.pdf

Remember as a survivor you have the right to:

- Acknowledgment and support
- Trustworthiness
- Confidentiality
- CHOICE
- Collaboration & Access to Resources

Do you need help right now and don't want to read anymore? that is ok here are some crisis lines and supports that can help you safety plan, relocate and receive legal advice.

1. Kids and Youth, Need help now? You can reach a professional counsellor at **Kids Help Phone 24/7** by calling **1-800-668-6868**

2. **Toronto Rape Crisis Centre/Multicultural Women Against Rape**
24-hour crisis line: 416-597-88058 crisis@trccmcwar.ca

3. **Assaulted Women's Crisis Line**
GTA: 416-863-0511
GTA TTY: 416-364-8762
TOLL-FREE: 1-866-863-0511
TOLL FREE TTY: 1-8666-863-7868

#SAFE (#7233) on your Bell, Rogers, Fido or Telus Mobile

4. **Sexual Assault Line York Region**
905-895-7313

5. **Rape Crisis Centre of Peel**
905-273-9442

6. **Distress Centre**

416-408-4357- Provides 24/7 over-the-phone counselling for people in emotional distress or suicide prevention.

7. **Gerstein Centre**

416-929-5200

Provides crisis support for adults living in Toronto with mental health problems. Open to all genders.

www.gersteincentre.org

8. **Trans Lifeline** Crisis:1-877-330-6366- [Website:www.translifeline.org](http://www.translifeline.org)

9. **Fem'aide**, if you speak French, at 1-877-336-2433

10. **Talk4Healing**, if you are an Indigenous woman living in Northern Ontario and speak English, Ojibway, Oji-Cree, or Cree, at 1-855-554-4325

11. **Ganohkwasra Family Assault Support Services**, if you are part of the Six Nations of the Grand River community, at 519-445-4324

12. **Senior Safety Line**- TOLL-FREE: 1-866-299-1011

13. **Victims Support Line**

The Victim Support Line (VSL) is a province-wide, bilingual, toll-free information line that provides information about a range of services for victims of crime, 24 hours a day, 7 days a week. The VSL offers: Referrals to victim support services in local communities; A notification system regarding the release of offenders in provincial prison and information about these offenders; and more.

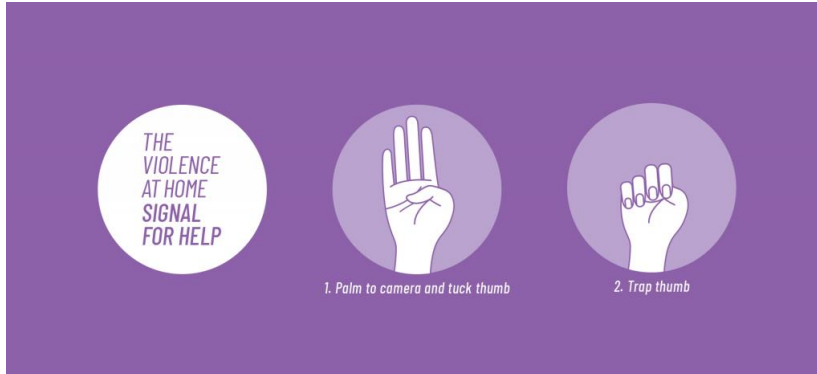
Greater Toronto Area: 416 314-2447

Toll-free: 1 888 579-2888

You can also find these resources online at: www.211ontario.ca

Consider using this sign at your next video work call or check in with family and friends if you need help and can't say it out loud. [#SignalForHelp](#)

See our [guidelines and tips to support someone who uses this signal on a video call](#).



Safety planning before, during and after violence.

***It is very important that the abusive partner/family/friend does not find out about your safety plan. Be sure to keep this document/paper in a safe or hidden location.*

1. If you are staying with an abusive partner/family, or living with violence, or in a *potentially violent home/space right now:*

a) The first, most challenging and **important thing to do is tell someone you TRUST about the abuse or violence.** We have been told that we should feel shame around asking for help if we are being hurt at home, this is not true. Asking for support or help is one of the most brave, resilient and healthy things you can do for yourself. You don't have to suffer alone.

b) **Ask this friend/family/person to check in with you on the same day at the same time every week,** let them know that if you miss the call or video without notice that you may be in crisis. Have a plan with this person what they should do, either call the police asap or come directly over to you first.

c) **Find a place close to you where you can call for help-** closest friends house? Closest pharmacy? This can be very important to share with children in case of an emergency where they have to run from the home.

d) **Create a plan to get out of your home safely and practice this with your children,** use calm words and explain that this is serious and they are superheroes for being able to listen and follow your directions.

- e) **Park your car by backing it into the driveway. Keep it fuelled** and try to keep important documents in a ziplock bag attached in a hidden compartment of your car for emergencies.
- f) **Hide your keys, cell phone and some money near your escape route**, its great to put these things in a ziplock bag/waterproof bag and hide them under rocks, under a potted plant, or somewhere discreet you can grab and go that is not inside the house.
- g) **Have a list of phone numbers to call for help**, this can be kept rolled up in an empty tampon container, folded inside of pads or other sanitary products that the person who is abusing or hurting you is less likely to look through, it can be taped somewhere that only you or your kids access as well.
- h) **Make sure all weapons and ammunition are hidden or removed from your home, if you cannot do so make sure you know where all the weapons or ammunition are hidden or kept**, avoid going into these rooms during risky moods or cycles the person who is causing harm may be in.
- i) **Remember to clear your phone of the last number you called** to avoid the abuser or person who is harming you, using redial and tracking who you called.

2. Remember to clear your computer, you can see how here:

Clearing Your Browser History

You can hide some of your internet activities by making changes to your computer's browser. The "browser" is the computer program that lets you see websites. Some browsers are Internet Explorer (IE), Firefox and Chrome. The name of the browser will often be in the upper left-hand corner of the screen.

The following are general guidelines for removing information from the browser history. Browsers vary depending on the type and version you are using. You can also search for instructions on the internet for "clearing browser history".

a) Internet Explorer:

Go to "Tools" at the top of screen and select "Delete Browsing History".

You will need to check the various boxes to ensure that your activities are deleted.

This will also delete all the activities of anyone who has used the computer.

b) Firefox:

You can delete your most recent activities by going to "Tools" and selecting "Clear recent history."

You can delete past activities by clicking on "History" at the top of the screen. You will see a list of the websites you have visited (this may be listed by day or month). Click on the website you want to remove from your history and hit the "delete" button on your keyboard.

c) Chrome:

Click on "History" at the top of the screen and select "Show Full History".

Click on "Edit items..." on the right side of the screen.

You can now check the boxes next to the websites you wish to remove and click on "Remove selected items", or you can select "Clear all browsing data..." to remove all information about the web pages that have been visited.

If you cannot access a telephone or computer that is private please email us and we try to find one for you coordinator@dandelioninitiative.ca

If you are planning to leave (¹non-emergency situation)

1. **Remember to clear your computer or phone history** after calling support's or shelter's – see instructions above
2. **Contact a local women's shelter**, let them know that you intend to leave an unsafe/abusive situation and ask for support in safety planning. Click here Sheltersafe.ca or see the list of shelters in Toronto in our resources section of this guide.
3. For Trans survivors looking to leave their space/home due to violence and do not want to call a women's shelter, **you can call Gerstein Crisis Centre at 416-929-5200 or Trans Lifeline -1-877-330-6366** (for trans and gender non-conforming folks) for advice and support to do this safely.
4. **Gather important documents** and consider consulting a lawyer or legal aid to help you. Keep any evidence of physical abuse (such as photos). Keep a journal of all violent incidents, noting dates, events, threats and any witnesses that can make statements would be helpful. Do not store this online. Connect with Barbra Schlifer Clinic for legal and safety supports around gathering documents here: <https://schliferclinic.com/>

¹ A nonemergency situation means you are not in immediate danger, it means you have time to plan and reach out for support from different resources. It may be that the person who is harming you has left the house, is away, is asleep or is in a non-violence cycle. Remember to be discreet and cover your tracks even if there is not immediate danger.

Gather important items like:

- Government documents (originals or copies)
 - Birth certificates, social insurance, driver's license, health cards, passports, court orders, immigration papers or treaty cards.
 - Financial papers, Mortgage or lease, information about loans or assets.
 - Money, including credit cards, debit cards, and cheques.
 - Important phone numbers (friends, services, shelters).
 - Keys, phone, medications (or a list if you don't have time to gather them)
5. **If you can't keep these things stored in your home** for fear your partner will find them, consider making copies and leaving them with someone you trust. Your local women's shelter will also keep them for you. If you have children, make sure their school or day care centre is aware of the situation and has copies of all relevant documents.
 6. **Put together pictures, jewelry and objects of sentimental value, as well as toys and comforts for your children**, you can keep these in a backpack or bag near your escape route or under the children's beds so they can grab it when leaving as well.
 7. **Arrange with someone to care for your pets temporarily**, until you get settled.

If you cannot do this and its keeping you from leaving seek support from Pet Safe they can help. Run by the Ontario Veterinary Medical Association, this program provides temporary housing and care for the pets of women who wish to leave an abusive partner.

Visit safepet.ca or contact them at 1.800.670.1702 or safepet@ovma.org

If you are in an emergency

1. **If an argument is developing, if you are feeling unsafe**, start moving yourself and your kids to a space where you can get outside easily: find doors and windows that could help you escape, if you cannot escape make sure to find a room with a lock on the inside.
2. **Think about rooms where you could be trapped**, or where there are weapons such as knives that could be used against you - try to avoid going into these rooms during a violent episode.
3. **If you are injured, go to a doctor or an emergency room and report to a nurse what happened to you.** Ask them to document your visit if you cannot report to the police or do not want to. At least someone will have documentation that this happened to you and you needed medical care.

4. **If you are being hurt, protect your face with your arms around each side of your head, with your fingers locked together.** Protect your abdomen, curl into a ball or use furniture and cushion covers over your body as a shield, don't wear scarves or long jewelry and **tie your hair up or back as much as possible.**

If you are leaving or getting help to leave

1. Do not tell your partner you are leaving.
2. Do not leave traces of who you called to stay with, if you are staying with friends or family.
3. Leave quickly, this can be challenging with lots of items- just take what is most important for the initial leave, you can always go back after when it is safer.
4. Choose the longest window of time you have- Arrange to send the person hurting you to a doctor's appointment, ask them to get you things during a pharmacy run, send them on an errand, this may distract the person hurting you and give you enough time to leave.
5. Have a back-up plan if the person hurting you finds out where you are going, if you are worried of being stalked or your children being stalked or hurt please call 911 or stay with a friend/family that the person who is hurting you does not have access to.
6. Request a police escort or ask a friend, neighbour or family member be there with you when you leave.

After you have left the house or relationship

If you are staying in the home and you have asked the person hurting you to leave or they have been removed, try:

1. Change the locks, make sure that is the same for windows, garage or any shared storage space. You can place bottles of pots and plants in front of open windows as well as an extra safety measure.
2. Block your number when calling out and get an unlisted phone number and caller ID.
3. Change computer and other passwords.
4. Consider changing any service provider that you shared.

5. Always carry a recent photo of your partner and your children with you.
6. If you are working, consider telling a trusted person at work about your situation so that they can support you as well. **Or reach out to an organization that can support you listed in our resource guide here.**
7. Think about places and patterns that the person who abused/harmed you will know about and avoid these places and patterns. For example, consider using a different grocery store, don't go to the same online groups as this person, change the park location you go to with your children.
8. If you feel unsafe walking alone, stay on the phone with a trusted friend or a crisis line.
9. Do not return to your home or go to their home unless accompanied by the police or friends/family, never confront the abuser alone.
10. Consider applying for a restraining order or peace bond that may help keep your partner away from you and your children. Keep it with you at all times, making photocopies is important.
11. Provide police with a copy of any legal orders you have around a restraining order or peace bond.
12. Do not join new facebook or online groups unless they have passwords, locks and privacy for you and your activity online.

Safety Planning with your Children

Talk to your children in a way that is age-appropriate, so they feel safer during this time.

Develop a code word with your kids and use that word when (and only when) you need them to dial 911 and/or run to a neighbour for help.

See children's safety planning on [FamilyCourtAndBeyond.ca](https://www.familycourtandbeyond.ca) and https://www.calgarywomensshelter.com/images/pdf/SafetyPlan_Dec6_2010.pdf

The following ideas about safety planning may or may not fit for you and your children. Please make sure you connect with Family Services and Supports. These are our suggestions

rooted in developmentally appropriate and trauma informed practices for children (under 16 years of age)

1. Find a safe place and time to talk with your children about their feelings, it is VITAL that the children feel your acknowledgement and support. If you can't provide this for them, make sure they have crisis lines and other support.
2. Have children not answer a door themselves.
3. Help children learn their full name and address.
4. Teach your children how to get help this can include calling 911 a family member or friend. You can make it into a poem, song or rhyme to help them remember and regulate through something scary.
5. Tell them not to get between you and your partner if there is violence, here you can use a code word between you and your child/ren. When you use the code word the child/ren know to find a safe room with a locked door or to go outside.
6. Create a plan to get out of your home safely and practice it with your children.
7. Together, pick a safe place in the house where they can hide if the violence starts -ideally with a locked door and a phone or computer.
8. Talk to the children's school and daycare about court orders and safety concerns.
9. Memorize the phone numbers for daycare or schools your children attend. If there's a concern that a parent could abduct the children, a conversation can cover ideas for getting help.

A discussion with your children can include these tips:

- Be aware – At school and in the neighbourhood: Where am I? Who can I talk to? Who can help me? Where can I go to feel safe?
- Take charge – If something scary happens, what should you do?
- Get help – Who can I contact for help if I feel scared? How can I reach mom or a trusted adult? Phone numbers? What is a code word that I can use to let mom or a trusted adult know I feel scared?
- Feel safe – I know it is unsafe when this happens_____ I know it is unsafe when I feel _____. What can I keep with me that makes me feel safe? If I feel sad, what can I do to make myself feel better?

This never easy, this will never sound or look perfect because you are doing everything you can in a complicated situation. Tell them the abuse isn't your fault or their fault; they did not cause it, and neither did you. That you know this is confusing and that they are loved.

Safety Planning for yourself

Safety Planning for you includes meeting your needs, even though you may not think you can, small things can make a difference. This is physical, emotional and spiritual care, just for you. You matter as much as your children or anyone else experiencing violence, you deserve care and safety as well.

Trauma from sexual and domestic abuse/violence is real. You are not crazy, and you are not broken. You are experiencing your body, mind and spirit trying to protect you, trying to make sense of your experience, trying to manage, trying to pull you through. **And you will. You are not alone.**

See our resource guide here for a list of survivor/victim supports, resources, classes, groups and services or call any of the listed crisis lines.

Crisis Lines

Toronto Rape Crisis Centre/Multicultural Women Against Rape

24 hour crisis line: 416-597-88058

Email: crisis@trccmcwar.ca

Assaulted Women's Crisis Line:

GTA: 416-863-0511

GTA TTY: 416-364-8762

TOLL-FREE: 1-866-863-0511

TOLL FREE TTY: 1-866-863-7868

#SAFE (#7233) on your Bell, Rogers, Fido or Telus Mobile

Sexual Assault Line York Region

905-895-7313

Rape Crisis Centre of Peel

905-273-9442

Distress Centre

416-408-4357

Provides 24/7 over-the-phone counselling for people in emotional distress or suicide prevention.

Gerstein Centre

416-929-5200

Provides crisis support for adults living in Toronto with mental health problems. Open to all genders.

www.gersteincentre.org

Trans Lifeline

Crisis: 1-877-330-6366

Email: www.translifeline.org

Fem'aide, if you speak French, at 1-877-336-2433

Talk4Healing, if you are an Indigenous woman living in Northern Ontario and speak English, Ojibway, Oji-Cree, or Cree, at 1-855-554-4325

Ganohkwasra Family Assault Support Services, if you are part of the Six Nations of the Grand River community, at 519-445-4324

Senior Safety Line

TOLL-FREE: 1-866-299-1011

Shelters in Toronto/Ontario

Connect with the women's shelters in your community ([you can find a list at ShelterSafe.ca](http://ShelterSafe.ca)). Even if you don't stay at the shelter, staff can provide outreach services to support you and can help you make an emergency escape plan as well as a safety plan.

YWCA Women's Shelter is for women and their children fleeing abuse. We offer a free, safe, caring home and the counselling and support women need to heal and plan for the future. 24-hour line- 416-693-7342

Anduhyaun - Anduhyaun Emergency Women's Shelter

Toronto, ON M6M 4R3

Intake 416-920-1492 ext 221

Ernestine's Women's Shelter

Administration: 416-743-1733

PO Box 141, Station B, , Etobicoke, ON M9W 5K9

Interval House

Administration 416-924-1411

Jean Tweed Treatment Centre

Palmerston House Transitional Housing For Women, Moms and Babies - Palmerston House

455 Palmerston Blvd, Toronto, ON M6G 2N9 416-532-0336

Margaret's Housing And Community Support Services - Transitional Housing

301 Broadview Ave, Toronto, ON M4M 2G8- 416-463-1481 ext 117

Native Child and Family Services of Toronto - Women's Transition House

179 Dowling Ave, Toronto, ON M6K 3B2- House mentor 416-537-2261

Native Women's Resource Centre of Toronto

191 Gerrard St E, Toronto, ON M5A 2E5, 416-963-9963

Nellie's - Nellie's Shelter

Toronto, ON M4M 1J8

Community Support Program Worker 416-461-2052

Transitional Support Workers- 416-461-3404, 416-461-0980, 416-645-0249

Red Door Family Shelter - Red Door VAW Shelter

Toronto, ON M4M 2R6 416-423-0310

Redwood Shelter

Toronto, ON M6J 3W2 416-533-9372

Sistering - A Woman's Place - Women's Only Drop-In Centre

962 Bloor St W, Toronto, ON M6H 1L6- 416-926-9762

Toronto. Shelter, Support and Housing Administration.

Homelessness Initiatives and Prevention Services – Central Intake -Central Intake Line 416-338-4766

211 for more supports <https://www.211toronto.ca>

Sexual/Domestic violence and Medical Care

Women's College Hospital, Toronto

Sexual Assault Domestic Violence Care Centre

76 Grenville Street

Toronto, Ontario M5S1B2

416-323-6040

www.womenscollegehospital.ca/programs-and-services/sexual-assault-domestic-violence-care-centre

The Sexual Assault/Domestic Violence Care Centre (SA/DVCC) is a comprehensive service that assists women, men, and trans people, over the age of 14, who are victims/survivors of sexual assault and domestic/intimate partner violence. For sexual assault pertaining to children or youth under 14, please contact the Suspected Child Abuse and Neglect (SCAN) program at 416-813-6275.

If you have experienced sexual violence and are coming to the centre please try not to shower or brush your teeth, we know this is unbearably hard to do, but vital for collecting evidence or documenting. Even if you cannot come to the centre right away, please seek medical care.

At Women's College Hospital all services are provided by registered nurses.

The services include, but are not limited to:

- Crisis support
- Assessment and documentation of injuries/assault history
- Sexual Assault Evidence Kit (SAEK) for storage at WCH
- Testing and treatment for sexually transmitted infections
- Emergency **contraceptive** options
- Testing for drugs that may have been used to commit the assault
- Assessment of risk and safety planning
- Referral to community resources and shelters

If you choose to involve the police, Women's College Hospital:

- We will carefully collect and document the necessary evidence for release and analysis
- After the initial visit to the hospital, a nurse will contact you to:
- Discuss your emotional and physical well-being following the assault
- Encourage follow-up care with us or your healthcare provider

- Discuss any concerns with the care provided during the initial visit
- Provide support and referrals to resources you may need
- You can choose to return to us for:
- Ongoing support and referrals
- Pregnancy testing
- STI testing and treatment

Women's College Hospital defines "sexual assault" and "domestic violence" as follows:

Sexual Assault:

Any form of sexual activity with another person without her/his consent. It includes forced kissing, grabbing, fondling and attempted or completed rape.

Domestic Violence:

Verbal or physical acts used to control a person by creating fear, isolation and entrapment. Abuse can take many forms, including physical, emotional, sexual and financial. Abuse can occur in intimate relationships regardless of gender and/or sexual identities.

The Women's College Hospital team of RN's are available 24 hours a day, 7 days a week. No appointment necessary.

Mount Sinai Hospital

600 University Ave, Toronto, ON M5G 1X5
[416-596-4200](tel:416-596-4200)

Toronto General Hospital

200 Elizabeth Street, Toronto, ON M5G 2C4
[416-340-3111](tel:416-340-3111)

Toronto Western Hospital

399 Bathurst St, Toronto, ON M5T 2S8
[416-603-2581](tel:416-603-2581)

The Michael Garron Hospital (Formerly TEGH)

825 Coxwell Ave, Toronto, ON M4C 3E7
[416-461-8272](tel:416-461-8272)

St. Michael's Hospital

30 Bond St, Toronto, ON M5B 1W8
[416-360-4000](tel:416-360-4000)

St. Joseph's Health Care Centre

30 The Queensway, Toronto, ON M6R 1B5

[416-530-6000](tel:416-530-6000)

Sunnybrook Health Sciences Centre

2075 Bayview Ave, Toronto, ON M4N 3M5

[416-480-6100](tel:416-480-6100)

If you have experienced sexual violence or if you are unsure, please see Women's college hospitals self care guide here <https://www.womenscollegethospitals.ca/care-programs/sexual-assault-domestic-violence-care-centre/care-package>

If you need COVID-19 specific information and you may be presenting symptoms click on this link:

[https://www.womenscollegethospitals.ca/patients-and-caregivers/coronavirus-\(covid-19\)-information-for-patients-and-visitors/](https://www.womenscollegethospitals.ca/patients-and-caregivers/coronavirus-(covid-19)-information-for-patients-and-visitors/)

Many Centres have a follow-up nurse who will contact you a few days after you have been seen at the Centre, provided it is safe to do so. This contact may be a phone call or an in-person visit, in which case you would return to the Centre. This provides an opportunity for the nurse to:

- check on your emotional and physical wellbeing
- answer any questions
- re-assess your safety and review your safety plan
- re-document and photograph any injuries that may have become more apparent
- re-assess your pain
- inform you of any test results, or perform repeat tests if necessary
- follow up on HIV Post-Exposure Prophylaxis
- help you to access services from other community agencies

For any of the above follow-up services, you may call to book an appointment with the follow-up nurse without having gone through the emergency SA/DV service.

Scarborough Hospital Birchmount Campus

Sexual Assault Domestic Violence Care Centre

3030 Birchmount Road

Toronto, Ontario, M1W 3W3

416-495-2555

www.sacc.to

Sexual Assault/Domestic Violence Care Centre (SA/DVCC)

(416) 314-2447 1 (888) 579-2888 (Toll free) www.sadvreatmentcentres.net

Sick Kids Hospital

Suspected Child Abuse and Neglect (SCAN) Program

555 University Avenue

Room 6427, Black Wing

Toronto, Ontario, M5G1X8 (416) 813-6275 (day time) (416) 813-7500 (24 Hours)

www.sickkids.ca/scan

Mount Sinai Hospital

Clinic for HIV Related Concerns

600 University Avenue, Room 963

Toronto, Ontario, M5G 1X5

(416) 586-4800 (extension 8714)

www.mountsinai.on.ca/care/psych/patient-programs/hiv-clinic

Mount Sinai Hospital

Trauma Clinic

600 University Avenue, Room 963

Toronto, Ontario, M5G 1X5

(416) 586-4800 (extension 8714)

www.mountsinai.on.ca/care/psych/patient-programs/trauma-clinic

Legal and human rights support

Barbra Schlifer Clinic

The Barbra Schlifer Commemorative Clinic helps women in Toronto who've experienced abuse. They also have free interpreter services 7 days a week, 24 hours a day. And they have a Family Court Support Worker Program (FCSWP). For other services and supports, visit their website. The Clinic accepts collect calls and can be reached at 416-323-9140 or 416-323-1361 (TTY).

Victim Quick Response Program + (VQRP+)

The Victim Quick Response Program + (VQRP+) provides eligible victims with emergency funds for certain expenses immediately following a violent crime. For more detailed information, please see the link below and/or call the Victim Support Line to find the VQRP+ service provider nearest you.

Greater Toronto Area: 416-314-2447

Toll-free: 1-888-579-2888

Link: [Victim Quick Response Program + \(VQRP+\)](#)

Victim/Witness Assistance Program (V/WAP)

If you are a victim or witness of a violent crime, it is likely that you will need to go to court. This can be a difficult and confusing experience and you may have a lot of questions about the criminal court system, and what will be expected of you. The Victim/Witness Assistance Program (V/WAP) is a service provided on a priority basis to victims and witnesses of violent crimes. *The services begin once police have laid charges and will continue until the court case is over.* It is offered by the Ministry of the Attorney General in all 54 court districts.

To find the office nearest you, call the Victim Support Line (VSL):

Greater Toronto Area: 416 314-2447

Toll Free: 1 888-579-2888

Lukes Place- <https://lukesplace.ca/resources/family-law-support-services-for-women/>

What do I do if my abusive partner won't return my kids to me and the courts are closed because of COVID-19? There are options and there are people to help you through this:

<https://stepstojustice.ca/questions/covid-19/my-abusive-partner-wont-return-children-me-and-courts-are-closed-because-covid-19>

I'm new to Canada and my partner is abusive. What happens if I leave him?

<https://lukesplace.ca/im-new-to-canada-and-my-partner-is-abusive-what-happens-if-i-leave-him/>

Legal Aid Ontario

During the COVID-19 crisis, LAO has waived all legal and financial eligibility for domestic violence survivors. This accommodation will remain in effect until further notice. Domestic violence is never ok. Legal Aid Ontario (LAO) understands that staying home is not always safe and that during the COVID-19 crisis, it is important to help survivors protect their personal safety and continue providing critical family law services. If you have experienced domestic violence and need help with a family law matter, please call LAO's Contact Centre immediately:

Toll-free: [1-800-668-8258](tel:1-800-668-8258)

GTA: [416-979-1446](tel:416-979-1446)

Bell Relay: [1-800-855-0511](tel:1-800-855-0511)

Virtual Legal Centre from Luke's place

<https://lukesplace.ca/for-women/lukes-place-virtual-legal-clinic/>

Family law and support

Check out [FamilyCourtAndBeyond.ca](https://www.familycourtandbeyond.ca) for safety planning tips and information about family law and family court.

Family Court Support Worker Program

Click here for an extensive list of family court support workers across Ontario

https://www.attorneygeneral.jus.gov.on.ca/english/ovss/family_court_support_worker_program/service_providers.php

Parents of Murdered or Missing Children – Income Support Grant

The death or disappearance of a child is devastating and can leave parents unable to work. Parents or legal guardians who have taken time away from work and suffered a loss of income to cope with the murder or disappearance of their child or children may be eligible for federal income support of \$450 per week. Website: www.canada.ca/en/employment-social-development/services/parents-murdered-missing-children.html

North America toll-free: 1-800-622-6232

North America TTY: 1-800-926-9105

References

www.womenscollegehospital.ca/programs-and-services/sexual-assault-domestic-violence-care-centre

<https://yourchoice.to/>

<https://canadianwomen.org/support-services/>

<https://www.thestar.com/news/canada/2020/04/22/are-you-a-victim-of-violence-at-home-heres-how-to-get-help-amid-covid-19.html>

<https://www.femicideincanada.ca/hide>

<https://www2.gov.bc.ca/assets/gov/law-crime-and-justice/criminal-justice/victims-of-crime/vs-info-for-professionals/training/creating-safety-plan.pdf>

<https://www.211toronto.ca/?q=topic/income-support>

https://sexualassaultsupport.ca/covid-19-pandemics-and-gender-ocrcc-statement/#_ftn13

<https://www.oaith.ca/news-media/news-blog.html/2020/01/24/dying-to-get-in-and-no-way-to-get-out-2020-pre-budget-submission/>

<https://lukesplace.ca/social-distancing-safety-tips-for-women-still-living-with-an-abusive-partner/>

<https://scics.ca/en/product-produit/reporting-investigating-and-prosecuting-sexual-assaults-committed-against-adults-challenges-and-promising-practices-in-enhancing-access-to-justice-for-victims/>

<http://www.ppt.on.ca/facts/consent/>

<https://www.bwss.org/support/lgbtq2s/>

<https://ywccanada.ca/what-we-do/create-change/end-gender-based-violence/>

<https://lukesplace.ca/for-some-women-home-is-as-dangerous-as-the-virus/>