



**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 and;
- how you can plan for the future even in the worst of circumstances.

Our services are available in a variety of languages, to women of diverse backgrounds, or with intellectual disabilities, living or working in Toronto. We will also help you to link with other community supports you need such as shelter, legal advice and longer-term housing.

## COMPASSION. COMMUNITY. CONNECTION.

At Family Service Toronto, we're passionate about helping people. We are one of Toronto's oldest non-profit social service agencies, serving more than 12,000 individuals and families in need each year and advocating for people who are marginalized. Our solution-focused services help to strengthen families and individuals, and build healthier communities for everyone.

Our range of counselling and community support programs help people struggling to cope with many issues, including depression, physical abuse, sexual orientation, relationships, disabilities and the challenges of getting older.

## HOW TO REACH US

To find out more about the Violence Against Women program, to make an appointment, or for more information about other Family Service Toronto programs, please call **416.595.9618**.

There are no fees for VAW services.

Our services are available to anyone living or working in Toronto, regardless of race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, age, disability, level of literacy, marital or family status, income or political affiliation.

Visit our website at: [www.familyserVICEToronto.org](http://www.familyserVICEToronto.org)

Support for this program is provided in part by the Ministry of Community and Social Services.



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**FAMILY SERVICE TORONTO**

FST welcomes diversity and is committed to a policy of equity and inclusion.



**United Way  
of Greater Toronto**

A United Way  
Member Agency