

Are you hurting the people you love by being controlling?

Are you having difficulty adjusting to life in Canada?

Is there conflict in your home?

Are you being a good role model to your children?

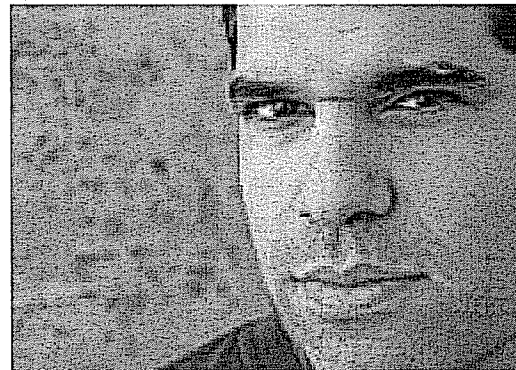
Are you afraid of losing your family?

In this brochure, there is important information on ABUSE and the consequences for engaging in behavior that is disrespectful, hurtful and destructive. This brochure provides you with information and resources to prevent abuse and family violence or to seek help.



“If I had only known...”

Men Speaking to Men about Family Violence



This brochure provides you with information and resources to prevent family violence against women. These brochures were developed by the Farsi community for the Farsi community through working groups and focus group discussions and through information from the Justice Canada website.

Disclaimer: This publication contains general information only. It is not a substitute for getting legal advice about your particular situation.

This project was proudly funded by Citizenship and Immigration Canada.

Family Service Toronto would like to thank the Nima Foundation in Montreal, Quebec for their work as our Community Partner.



Citizenship and
Immigration Canada

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For People For Change

FAMILY SERVICE TORONTO



THE JOHN HOWARD SOCIETY OF CANADA

Abuse Free

www.blainn.cc/abuse-free//

This is an online support group for recovering spousal abusers.

Association of Counsellors of Abusive Men

1-800-360-8315

This is a network of counsellors who work with men that are abusive in their relationships.

CAMH Center for Addiction & Mental Health

1-800-463-6273 / www.camh.net

Domestic Violence Resources:

1-800-267-4406 /

www.domesticviolence.ca/

This is an educational resource on domestic violence related issues.

John Howard Society of Canada:

613-384-6272 / www.johnhoward.ca

This is a not-for-profit organization that has branches across Canada. The mission of this organization is to assist adult men who are in conflict with the law and/or at risk of coming into conflict with the law.

Probation & Parole Offices:

613-345-3061 /

www.mcscs.jus.gov.on.ca/

Provides programs and facilities designed to assist in offender rehabilitation

Ministry of Public Works and Government Services Canada:

1-800-267-1291 / www.phac-

aspc.gc.ca/ncfv-cnivf/pdfs/fem-dir-counseling-male-eng.pdf

Early Warning Signs (that you may be an abuser):

- Using drugs or alcohol as an excuse for your violent behavior
- Threatening to harm family members
- Insulting and verbally abusing family members
- Threatening to leave
- Intimidating others through anger and disrespect
- Controlling others
- Using jealousy to excuse abusive behaviors

The above are the early warning signs of the presence of domestic violence
IT'S TIME FOR CHANGE. IT'S TIME TO STOP!

Abusive behavior is a choice. The offender's actions are not accidental. They are chosen with the intent of controlling another person. Since abuse is a choice, the offender can choose to act non-abusively. There is no shame in asking for help.

Abusive behaviour is the sole responsibility of the abuser. There is nothing a victim does to provoke or contribute to abusive behaviour.

For more information, please refer to the Justice Canada website, Family Violence Initiative:
<http://www.justice.gc.ca/eng/pi/fv-vf/rep-rap/spous-conju.html>



Potential Consequences

- Trouble with the law (criminal record)
- Increased likelihood for unemployment (inability to provide for family)
- Increased stress and depression
- Depressions that may lead to suicide
- Hurting your family and yourself
- Family breaks-up
- Children may become victims of abuse or become abusers in adulthood
- Wasted time and legal fees
- Mental and physical health problems
- Addiction to substances (i.e. alcohol)
- You may be deported

Possible Criminal Charges

The Criminal Code of Canada does not have a specific "family violence" offense. However, an abuser can be charged under the Criminal Code as follows:

- Assault
- Assault causing bodily harm
- Sexual assault
- Sexual assault causing bodily harm
- Sexual assault with a weapon
- Criminal harassment (sometimes called "stalking")
- Uttering threats
- Mischief
- Intimidation
- Violation of a protective court order, such as a peace bond or a probation order
- Attempted murder
- Murder



Forms of Abuse:

1. Physical abuse
2. Sexual abuse and exploitation (being used for a sexual purpose)
3. Neglect
4. Psychological or emotional abuse
5. Economic or financial abuse

The Criminal Code of Canada defines specific legal consequences for crimes associated with certain categories of abuse, such as assault, sexual assault and criminal harassment.

In recent years, a series of amendments have been made to the Criminal Code to strengthen the laws related to spousal abuse. In addition, a number of provinces have put in place specific family violence legislation that provides additional protective measures, such as emergency intervention orders, for victims of spousal abuse. Other non-legislative measures have been implemented including the introduction of mandatory charging policies, which require police in all jurisdictions to charge offenders.

Dependent on the province, spousal abuse cases where there are reasonable grounds to do so; perpetrators will be prosecuted in domestic violence courts and will have to participate in victim/witness assistance programs, and mandatory counseling programs.