

Abuse Free:

www.blainn.cc/abuse-free/ This is an online support group for recovering spousal abusers.

B.C. 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 (Head office)

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 in conflict with the law and/or at risk of coming into conflict with the law.

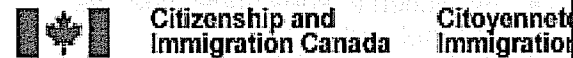
Probation & Parole Offices: 613-345-3061

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 Information on counseling programs for men who are violent in their relationships.

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 Punjabi Community Health Services in Brampton Ontario for their work as our Community Partner.



"If I had only known before..."

Brothers Speaking to Brothers about Family Violence



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

Are you hurting the people you love?

Are you having difficulty adjusting to life in Canada?

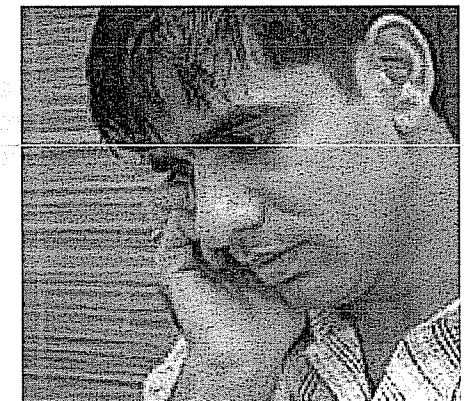
Is there conflict in your home?

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.



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

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

For detailed information, please refer to the Justice Canada website at:
<http://www.justice.gc.ca/eng/pi/fv-vf/about/prop/index.html>



Potential Consequences:

- Trouble with the law (criminal record)
- Increased likelihood for unemployment
- Inability to provide for family
- Stress and depression
- Thought of suicide and/or potential suicide
- Hurting your family and yourself
- Family break up
- Children lose stable environment
- Wasted time and legal fees in court
- Mental and physical health problems
- Addiction to substances such as alcohol and drugs
- Children will learn from your behavior
- Possible deportation of the abuser

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

- Using substances such as drugs/alcohol to justify your violent behaviour
- Threatening to harm family members
- Insulting family members
- Threatening to leave
- Scaring others by showing anger and disrespect
- Controlling others
- Using jealousy to justify abusive behaviours

IT'S TIME FOR CHANGE. IT'S TIME TO STOP!

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

Punjabi Poetry

*We live by our choices
and die behind decisions
So I choose Family
and to make it work is my mission*

-Anonymous Working Group Member

