

**Abuse Free:**

[www.blainn.cc/abuse-free/](http://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 relationships.

**CAMH Center for Addiction & Mental Health:** 1-800-463-6273 [www.camh.net](http://www.camh.net)

**Domestic Violence Resources:**

1-800-267-4406 [www.domesticviolence.ca/](http://www.domesticviolence.ca/)

This is an educational resource on a variety of topics associated with domestic violence laws and relevant legislation.

**John Howard Society of Canada:**

1-613-384-6272 [www.johnhoward.ca](http://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:**

1-613-345-3061 [www.mcscs.jus.gov.on.ca/](http://www.mcscs.jus.gov.on.ca/)

Provides programs and facilities designed to assist in offender rehabilitation.

**Minister 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](http://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.

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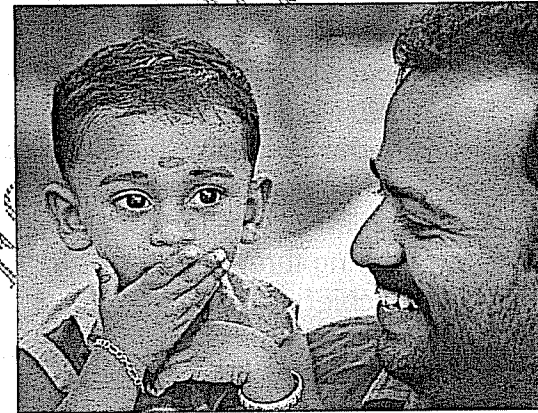
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Family Service Toronto would like to thank Rexdale Women's Centre in Toronto, Ontario for their work as our Community Partner.



**"If I had only known..."**

**Men Speaking to Men about Family Violence**



*This brochure provides you with information and resources to prevent family violence. These brochures were developed by the Tamil community for the Tamil 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 information and resources for men to prevent abuse and family violence and 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 the offender.

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.

### Possible Criminal Charges:

The Criminal Code 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 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)
- Stress and anxiety
- Depression
- Hurting your family and yourself
- Family breaks up
- Financial distress
- Children lose stable environment
- Children will learn from your behaviour
- Wasted time and legal fees will result
- Mental and physical health problems
- Addiction to substances (e.g. alcohol)
- You may be deported

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

- Excessive use of alcohol or drugs
- Feeling stressed
- Feeling depressed and helpless
- Intimidating others by showing anger and disrespect
- You were taught that violence is a way to deal with problems
- You don't know where to turn for help or you are too ashamed to look for help.

### **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 that provokes or contributes to abusive behaviour.

### **Tamil Poetry**

*A true householder is a steadfast friend  
To the other three orders in their virtuous paths  
He will be called a (true) householder, who is a firm support to the virtuous of the three orders in their good path.*

*(Thirukural, 41)*