

**If you are in immediate danger**

1. Dial "911" for police assistance. Say the name of your language and they can connect you with an interpreter, or say "HELP".
2. Talk to someone you trust, such as your doctor, ESL teacher, your welfare worker, a friend, a relative, a neighbour or your community worker.

**Resources:**

Ask for a *Tamil interpreter to assist you with these resources:*

**Health Resource Center on Domestic Violence 1-888-792-2873**

**National Sexual Assault Hotline 1-800-656-4673**

**Shelternet for Abused Women 1-866-693-3318 [www.shelternet.ca](http://www.shelternet.ca)**

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

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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..."  
Women Speaking to Women about Family Violence**



*This brochure provides you with information and resources to prevent family violence against women. 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.*

**Is my spouse doing this to me?**

Verbal harassment

Insulting, degrading and humiliating behaviours

Prohibited from communicating with parents and friends

Not having access to household income

Physical violence

Turning your children against you

**If you are experiencing any of these behaviours, you are advised to seek assistance because you might be abused or in danger of becoming abused. This brochure contains important information about ABUSE and what you can do to protect yourself or how you can seek help.**

### What does the Canadian Government say about Family Violence?

"Family violence" includes many different forms of abuse that adults or children may experience in their home environment. Abuse is when one person uses his or her power to control another person.

Victims of violence have the right to call the police if they are experiencing abuse. In some cases, once the police become involved in the matter, the victim may not be able to stop the investigation, withdraw the charges, or end court proceedings. The police could arrest, detain, and charge the abuser with a criminal offence.

For detailed information, please refer to the Justice Canada website at:

<http://www.justice.gc.ca/eng/pi/fv-vf/about-aprop/index.html>

### An abuser can be charged with:

- Assault, Assault causing bodily harm
- Sexual assault, Sexual assault causing bodily harm
- Criminal harassment
- Mischief
- Violation of a protective court order, such as a peace bond or a probation order

### Forms of Abuse

#### **Isolation and Neglect:**

- Limiting your basic social contact with friends and family
- Controlling access to your belongings (financial, legal and immigration documents)

#### **Economic and Financial Abuse:**

- Not allowing you to have your choice of employment
- Not allowing you to have input in any financial matters

### Physical Abuse:

- Beating, hitting, rough handling
- Shaking, slapping, pushing
- Choking, biting, kicking
- Forcible confinement
- Forcing you to have sex

### Emotional and Psychological Abuse:

- Humiliating you in front of your family members, friends, co-workers, and your children
- Telling you that you lost your cultural beliefs and are "western"
- Insulting your intelligence
- He is threatening to leave you and/or your children if you do not obey his wishes
- Threatening to remove the children.

### Women's Rights

1. Under Canadian Law, Violence against women is against the law. Women who are abused can seek help for themselves and their children in local shelters.
2. A woman leaving an abusive marriage can qualify for government funded financial assistance.
3. Immigrant, refugee, refugee claimants or non-status women have the same rights and responsibilities as Canadian-born women under family law. If you choose to separate, you can ask the court to award you a share in your family's property on separation.  
<http://www.onefamilylaw.ca/en/familylawissues/>
4. If you are a citizen, permanent resident or landed immigrant, you cannot be removed from Canada for leaving an abusive situation, even if you were sponsored by the person who is abusing you.