

SAFETY PLAN

FOR YOUR PROTECTION

1. Write down important phone numbers and keep them where they can be easily found and taken with you.
2. Prepare neighbors in case you have to send your children to them.
3. Ask a neighbor to call the police when she hears violence erupt.
4. Get the phone number of the shelter in your area, and keep it in your wallet.
5. Keep enough money for taxi fare, so you can leave quickly.

FOR YOUR CHILDREN

1. Explain the situation to them.
2. Tell them what to do when violence erupts:
 - a. to go to a neighbor.
 - b. to call the police.

**Learn the signs of approaching violence
GET OUT BEFORE IT STARTS**

PREPARE YOURSELF

1. Review the following checklist.
2. Collect the items on the checklist that you possess.
3. Rent your own safety deposit box in a bank far from your house OR find another secure place for your papers. (Especially not in your home).

IF/WHEN YOU LEAVE (WHEN IT IS NOT AN EMERGENCY)

Put in a safe place:

- o Birth certificates: yours and your children's.
- o Marriage contract.
- o Passports or immigration papers.
- o Insurance policies, yours and your children's.
- o Jewelry; receipts of items bought by you or received by contract or will.
- o School report cards.
- o Diplomas.
- o Any possession of great sentimental value to you.

Keep in your purse:

- o Credit cards and cash on hand.
- o Driver's license.
- o Health and immunization books.
- o Social insurance cards.
- o Medicare cards, hospital cards.
- o Bank books.
- o Membership cards in your names.
- o Keys to the house.
- o Keys to the safety deposit boxes, yours and your children

Pack (ahead of time and keep in secure place):

- Clothing for you and the children that can be easily carried.
- Medications and prescriptions.
- A favorite toy for each child.

LEAVING

1. Go to the nearest shelter or hotel.
2. Meet with a lawyer, legal aid or private. Bring all your papers with you (originals, not photocopies.) If you must leave the originals, as the lawyer for photocopies.
3. Bring your termination papers and social insurance card with you.
4. Obtain welfare if needed.
5. Bring photocopies of birth certificates, social insurance cards, your own or joint bank account books.
6. Inform the school office of your children's absence and get their report cards.
7. Tell the school **NOT** to give out your old or new address.
8. **DO NOT tell anyone where you are.**

IMPORTANT CONTACT NUMBERS

POLICE EMERGENCY	911
Police Non-Emergency	(204) 986-6222
Child Family Service	(204) 944-4050

CRISIS LINES

Domestic Abuse 24 hour	1-877-977-0007
Klinic 24 hour Crisis Line	(204) 786-8686
Manitoba Suicide Line	1-877-435-7170
Mobile Crisis Unit	(204) 940-1781

EIA (Welfare)	(204) 948-4000
Immigrant Women's	
Counseling Services	(204) 938-5911
Legal Aid Services	(204) 985-8500
Manitoba Housing	(204) 945-4663

SHELTER

Osborne House	(204) 942-3052
(Crisis Line)	

Salvation Army	
Residential Services	(204) 946-9402

Victims Services	(204) 945-6851
(Domestic Violence Unit)	

Food Bank

Winnipeg Harvest	(204) 982-3663
Crisis Line	(204) 982-3600