

Domestic Violence Resources

Domestic Violence Shelters:

Domestic violence shelters offer women who are experiencing immediate abuse and/or violence a safe place to stay. A shelter may accept a single woman (however there are very few single beds available in the city) or a women with children. Typically, single women share a semi-private space and women/children have their own room (much like a hotel). Meals are provided at shelters. A stay in a domestic violence shelter is usually 21 days long during which counsellor may help a woman access financial resources and secure alternative accommodation in the community. To access a women's shelter, you must call the shelter and complete an assessment over the phone. Please be prepared to answer several, sometimes personal questions. The location of all shelters is CONFIDENTIAL therefore they will not release the location of the shelter until you have been offered a bed. If space is available and you are offered a bed, most shelters in Calgary will be able to send a taxi to come pick you up and bring you to the shelter. Alternatively, if you have a car, they can provide you with directions and parking instructions. Be prepared that sometimes the shelters will be full. If this is the case, the counsellor who answers the phone may be able to assist you with further safety planning. You can also consider accessing a shelter outside of Calgary.

Calgary Womens Emergency Shelter – 403-234-7233	Awo-Taan Healing Lodge – 403-531-1972
YWCA Sheriff King Home – 403-266-0707	Wheatland Shelter (Strathmore) – 403-934-6634
Rowan House (High River) – 403-652-3311	Eagles Nest (Morley) – 403-881-2000
Maskan Shelter – 403 971 2774	Nisa Homes – 1-888-456-8043 EXT. 404

If all shelters are full and you are at risk, **Emergency Social Services (ESS)** can *sometimes* provide a hotel room for a few nights. Please call 1-866-644-5135 after 4:30pm. You require a SIN number to access this service.

Community Domestic Violence Counselling:

Women may also meet with a domestic violence counsellor face-to-face in the community. This service can be used for women who could benefit from the services offered by the shelter (i.e., community referrals) but don't necessarily require a shelter bed (i.e., they can stay with friends/family). These counsellors can also meet with women who are not ready to leave an abusive relationship or who choose to stay in the relationship. Please call **Calgary Women's Emergency Shelter (403-234-7233)** and request to meet with a community counsellor.

Resources for Men Experiencing Domestic Violence:

Unfortunately there are not as many resources available for men experiencing domestic violence. If you require a safe place to go, **Wheatland Shelter (403-934-6634)** in Strathmore is the closest domestic violence shelter that will accept male clients. Calgary Counselling Centre also provides a **Male Domestic Abuse Outreach Program (403-691-5964)** that provides counselling, advocacy, social service referral (i.e., housing, legal, financial aid) to men and their families experiencing domestic abuse. Men are also eligible for the remainder of resources detailed on this handout.

Assistance Obtaining Items from home:

If you have left a home that you shared with an abuser and require personal belongings, you can call **Calgary Police Service** (non-emergency) at **403-266-1234** and request a "police stand-by". Police can meet you close to the home, escort you into the building, and wait until the necessary items are retrieved.

Pet Assistance

Please note: domestic violence shelters do not accept pets. If you are trying to leave an abusive situation and do not have any friends or family that can care for your pet, you can access the Pet Safekeeping Program through the **Calgary Humane Society (403-723-6025)**. Pets can typically stay with the program for 21 days.

Legal Orders/Court Support:

To obtain any of the following orders, you have to go down to the Calgary Courts Centre downtown and make an application and present it before a judge. The majority of applications need to be completed through family justice services, located on the 7th floor. If you would like assistance with this process, you can call **Calgary Womens Emergency Shetler (403-234- SAFE (7233))** and they can make a referral to the court support counsellor.

- **Emergency Protection Order (EPO)**– This is a very stringent restraining order that can forcefully remove the abuser from the home. This order is only granted in situations where there has been extreme risk (i.e., physical violence or death threats) within the last few weeks. An EPO may also be granted by CPS if they respond to an incident of domestic violence.
- **Restraining Order** – If you do not qualify for an EPO, you can apply for a restraining order, which would prevent the abuser from contacting you or coming in close proximity to you. Please note, if you share a home with the abuser, this will NOT force the abuser to leave the home.
- **Parenting Order** – This is an interim order between parents that determines custody and visitation until they address these issues through an official separation/divorce. Typically when you apply for a parenting order you are given a court date (usually within 2-3 weeks) during which you and the other parent meet before a judge to review the application. In extreme cases where one parent is demonstrated to be a risk to the children (i.e., is abusive or has active addictions) this order may be granted ex-parte, which means it is granted without the other parent knowing.

Serving Orders or Applications: If you are granted an EPO, it can be served by CPS; please call their non-emergency number (403-266-1234) for assistance. If you are granted a restraining order or need to serve an application for a parenting order, you are responsible to serve it yourself. For safety reasons, please consider having a friend/family member serve the document, or contact a process server.

Legal Assistance:

If you would like to end a marriage or cohabitating relationship, it is advised that you consult with a lawyer to review your legal rights with regards to matrimonial property, custody, and financial support.

- **Legal Aid Alberta (403-297-2260)** offers discounted lawyers to low-income clients. Please note: legal aid's maximum income requirements are extremely low. If you make an application and they deny it, you can always appeal.
- **Alberta Lawyer Referral Line (403-228-1722)** will provide the name of three lawyers accepting new clients if you do NOT qualify for Legal Aid.
- **Legal Guidance (403-234-9266)** can provide free legal assistance/advice over the phone.

Financial Assistance:

If you plan on leaving an abusive relationship, you may be eligible to apply for **Income Support** through **Alberta Works**. Alberta Works also offers a "Domestic Violence Fund" of \$1000.00, which is typically used to purchase things required to set up a new home. If you are interested in applying, please contact your closest Alberta Works office.

Counselling for Male Abusers:

It is strongly believed that abusive behaviour is a choice. Calgary Women's Emergency Shelter offers a **Men's Counselling Service (403-299-9680)** to men who want to change their abusive behaviours. Both individual and group counselling are available and all services are free of charge. Men must make the initial appointment.

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