

- arrange counseling for you individually, for your children, or as a family

If we can't provide the kind of support you and your children need, we can arrange for it through another agency.

Transportation and Aid in House Finding:

Rides can usually be provided when you and your children have appointments or go to school. If you need to find a place to live, we can take you to real estate agencies and housing authorities or to view possible accommodations.

What to do if you have to leave

- **If you are afraid that you or your children may be hurt –**
...Get away from the person or situation you fear - your safety is most important - even if you have to leave without your personal belongings. A police escort can perhaps be arranged to pick these items up later. Donated clothing and personal items are available at the shelter for your use.

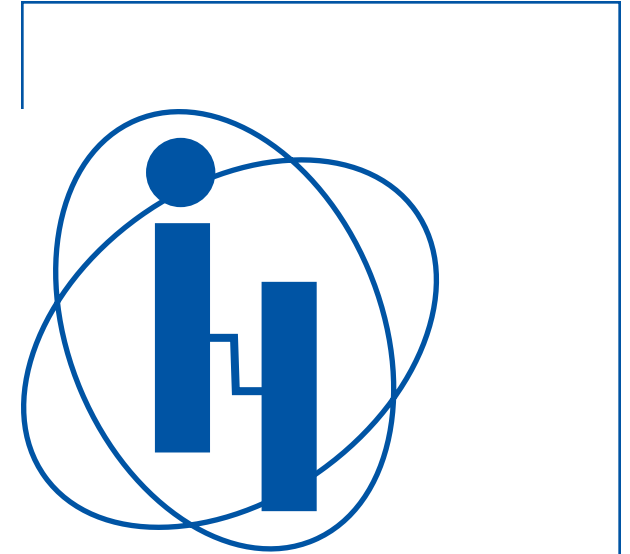
- **If you have time to pack –**
...Bring hospitalization cards and other identification, medications, and personal items such as toothpaste and shampoo for you and your children.
...Pack clothing and your children's favorite toy or special blanket.

- **If you are in the Battlefords and need a ride to get here –**
...Call and we can usually send a car or authorize a taxi to bring you.

If you are in danger, call the police and ask them to bring you to Interval House. If you live out of town, ask someone you trust to bring you.

DO YOU HAVE ANY QUESTIONS?

**Call us - there is someone here to talk to twenty-four hours a day!
445 - 2742**



Battlefords Interval House

**For Women in Crisis
445-2742**

Are you a Woman in Crisis?

We can help if you

- are living in or involved in a violent relationship;
- are living with an alcohol, drug or gambling problem
 - yours, partners, others;
- have been hurt by someone;
- have children who have been hurt by someone;
- have been emotionally abused by your husband, boyfriend, live-in partner;
- wonder whether or not to remain in your relationship;
- are experiencing any type of crisis.

Services Offered

If you are experiencing violence in your home or –

If you are in any other crisis - we can offer

- safe accommodations;
- support counseling;
- referrals and advocacy;
- transportation and aid in house finding;

Safe Accommodations:

If you have been hurt physically, emotionally, or sexually by someone or if you are afraid of someone, we can offer safe, temporary shelter.

Your children are welcome. When separated from their home and perhaps their father, children usually have special needs. Violence and separation are as frightening for them as for you. We will attempt to make everyone feel comfortable, safe, and reassured.

You will have time to rest, think, and assess your situation; someone to talk to at all times; and a chance to meet other women who have had similar experiences.

Except in very unusual cases, your stay will cost nothing. Household chores such as meal preparation and housekeeping will be shared with other women.

You will be protected and nobody will disclose your whereabouts.

Support Counselling:

A woman living in crisis often feels lonely, confused, helpless, depressed, and exhausted. We can listen and help

you to understand the problems in your home and their effects on you and your children.

You will receive information and will be offered options that may be new to you, then you will receive assistance in deciding what is best for you. When you feel ready, we can assist you to plan for the future. Only you can decide what is best for you, and we will support you in whatever decision you make.

Your confidences will always be respected and anything you say in the house will stay in the house. Feel free to call us or drop in to talk even if you do not need to stay.

Referral and Advocacy:

We have good working relationships with and information about other helping agencies. Together we will work to make a difficult time easier for you. Some of the things we can do include:

- accompany you when you talk to a lawyer or have to attend court
- accompany you when you apply for financial assistance
- arrange for you to attend support groups