

Home should be a safe place.



There is help 24-hours-a-day

Assaulted Women's
Help Line 1-866-863-0511
Rape Crisis Centre 905-668-9200
Durham Region Domestic Violence/
Sexual Assault Care Centre 905-576-8711
Distress Centre Durham 1-800-452-0688
Kids Help Phone 1-800-668-6868
Durham Regional Police
Services **911**
Children's Aid Society 1-800-461-8140

Shelters / Hostel

Bethesda House 905-623-6050
Horizon House 1-866-437-4966
Muslim Welfare Home 905-665-0424
The Denise House 905-728-7311
Y's WISH Shelter 905-576-2997

Other Help

Family Services Durham 1-866-840-6697
Catholic Family Services
of Durham 1-877-282-8932
WMRCC (Women's Multicultural
Resource & Counselling Centre) 1-877-454-4035
Luke's Place 905-728-0978
YWCA APPLE Community
Program 905-619-2556
Financial-Durham Region
Social Services 1-877-678-6333
Durham Region
Health Department 1-800-841-2729

www.durham.ca



HEALTH
DEPARTMENT



Ontario

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You don't
have to be
hit to be
abused.

If you are
hurting, your
children are
hurting too.

Abuse
comes in
many forms.

Abuse can be:

Verbal

Emotional

Physical

Psychological

Sexual

Financial



They may:

▶ Become withdrawn or passive
and keep secrets

▶ Have stomach aches and
headaches

▶ Have low self-esteem

▶ Have trouble sleeping

▶ Under or over eat

▶ Bully others

▶ Blame themselves

▶ Harm themselves

Does your partner:

▶ Call you names, put you
down, swear or yell at you?

▶ Make it difficult for you to go
out, see friends or family?

▶ Throw things at you or hit
the wall?

▶ Blame you for everything,
even hurting you?

▶ Not listen when you say "no"?

▶ Keep you short of money or
make you account for every
penny?