

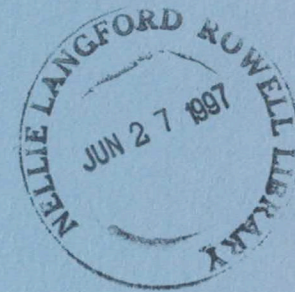
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NATIVE WOMENS RESOURCE CENTER



TORONTO

245 Gerrard Street, East,
Toronto, Ont. M5A 2G1
(416) 963-9963



*They but forget we Indians owned the land
From Ocean unto ocean; that they stand
Upon a soil that centuries ago
Was our sole Kingdom and our right alone.
The never think how they would feel today,
If some great nation came from far away,
Wresting their country from their hapless braves,
Giving what they gave . . . but wars and graves.
Then go and strike for liberty and life.
And bring back honour to your Indian wife.*

*"A Cry from an Indian Wife"
E. Pauline Johnson*

A GUIDE FOR NATIVE WOMEN

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1. Can we Help?
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 Consider Taking Legal Action
 Become More Independent
 8. The Traditional Role of Indian Women
 9. What you need to know about family violence.
- Acknowledgements

Can we help? Can you answer yes to two or more questions?

- Are you a victim of Abuse?
- Do you get slapped, punched or kicked by some one close to you?
- Are you constantly criticized by someone you live with?
- Do you often feel afraid?
- Are you in need of friendship or support?
- Are you feeling alone? Hopeless? Helpless?
- Did you feel that if you said anything more the situation might get out of hand?
- Have you ever stayed in a relationship longer than you should have?
- Did you stay because you felt responsible for the other person?
- Did you have gnawing doubts that you could not make it on your own in the outside world?
- Would you like to talk to someone about the services that are available to you?

If you have answered yes to two or more...questions.

SAY "NO" TO VIOLENCE

Violence is;

- To be threatened in any way
- To be hurt in any way
- To be beaten
- To be battered
- To be assaulted
- To be hit, slapped
- To be put down by our partner
- To be beaten physically, emotionally or psychically

violence is not part of our culture

THERE IS PROTECTION FOR YOU

it is against the law

IT IS AGAINST TRADITIONAL VALUES AND TEACHINGS OF OUR ELDERS

You are not to blame

NO MATTER WHAT YOUR PARTNER TELLS YOU



Most Women feel that they are alone.

**IF YOUR HUSBAND OR BOYFRIEND HITS YOU...
YOU SHOULD KNOW THAT:**

You Are Not The Only One...

It happens to many women, in all income and education levels, in all social classes, in all religious and ethnic groups.

You Are Not to Blame...

A man who beats his wife or girlfriend learned to use violence as a way of expressing anger or frustration long before he met you.

Wife Assault Affects The Children...

Children from homes where abuse is occurring are very likely to grow up to be abusers or victims of abuse. Their school work often suffers; they often become either withdrawn or very aggressive.

Wife Assault is Wrong...

You may feel that your religious beliefs teach you to obey your husband. No religion gives a man the right to abuse his wife or girlfriend.

Wife Assault Is A Crime...

The Ontario Government has made it clear that it will no longer tolerate wife assault. The police and the courts are now stepping in more frequently to protect women who are beaten.

You need not be a victim any longer.

You are a survivor.

You have alternatives.

HELPLINE

Information for Victims
of Violence

863-0511

after 5 pm:
863-0505

NATIVE WOMENS RESOURCE CENTER

963-9963

WOMEN'S SHELTERS/COUNSELLING

CENTRAL

- Anduhyaun Residence Emergency Shelter 920-1492
- Interval House 924-1491
- Women in Transition 967-5227
- Nellie's 461-1084
- Stop 86 (ages 16-25) 922-3271
- Streethaven 967-6060

EAST

- Emily Stowe 264-4357

NORTH

- North York Women's Shelter 635-9630

WEST

- Enestine's 746-3701
- Women's Habitat 252-5829

MISSISSAUGA

- Interim Place 271-1861

The HELPLINE is here to provide information
to assist you in sorting out your options.
ALL INQUIRIES ARE CONFIDENTIAL.

Services for Assaulted Women in Metropolitan Toronto



**Community
Information
Centre
of Metropolitan Toronto**

34 King Street East, 3rd floor
Toronto, Ontario M5C 1E5

The Centre is supported by:

United Way of Greater Toronto
Municipality of Metropolitan Toronto
Province of Ontario

July 1987

ADDITIONAL PRINT RESOURCES

For more detailed information on the services listed see the 1987 Directory of Community Services - The BLUE BOOK. The price of the Directory is \$40.00. To order call the Community Information Centre's Order Desk, 863-1941.

IMMIGRANT AND NATIVE WOMEN

Information, referral and crisis counselling by telephone

The Assaulted Women's Helpline 863-0511 (24 hours) links women with agencies providing services in various languages • Helpline counsellors who speak Italian, Spanish and Vietnamese are available Mon-Fri 9-5

Shelters and hostels

- most shelters have staff who speak a variety of languages • Shirley Samaroo House 249-7095 is a shelter that gives priority to assaulted immigrant women
- Anduhyaun Residence Emergency Shelter 920-1492 is a hostel that gives priority to Native Indian Women

Legal services

- most community legal clinics have services available in languages other than English - see separate section in this pamphlet • Problem Central 656-1252 specializes in services to New Canadians

Counselling

- Catholic Immigration Bureau 977-3264
- Centre for Spanish Speaking Peoples 533-8545
- COSTI-IIAS Immigrant Services, Family Counselling Centre 652-1033
 - Italian
- Greek Orthodox Family Services 291-5229
- Muslim Community Information 766-6311

* Native Women's Resource Centre 963-9963

- Rexdale Women's Centre 745-0062
 - programs for West Indian, Spanish, Italian, South Asian and multi-ethnic groups
- Riverdale Immigrant Women's Centre 465-6021
 - South Asian and Southeast Asian Women
- St Christopher House 533-8285
 - Portuguese speaking women
- Toronto East General & Orthopaedic Hospital, Native Community Crisis Team 923-1670
- Toronto Western Hospital, Transcultural Clinic 369-5974
 - Italian, Portuguese, Spanish

COUNSELLING

For more information about the following services call **The Assaulted Women's Helpline 863-0511**.

Individual and/or group counselling

Individual counselling may include crisis counselling, information and referral and long term counselling. Group counselling programs generally run several times per year with a break over the summer. They may deal with assertiveness, housing, legal matters, options and resources, feelings, self esteem, breaking the cycle of violence, reduction of fear and isolation.

- Barbra Schlifer Clinic 964-3855
- Catholic Family Services 362-2481
- Christian Counselling 489-3350
- Family Service Association 922-3126
- Flemingdon Neighbourhood Services 424-2900
- Jewish Family & Child Service 638-7800
- Salem Christian Counselling 223-7177

Support groups

- Parkdale Community Legal Services 531-2411
- Victims of Violence National 857-0403

Court counselling

Provincial Court Family Division, Court Counselling Service 963-0667 • crisis counselling and information whether or not court procedures are initiated

Telephone counselling

• The Assaulted Women's Helpline 863-0511 and some shelters provide 24 hour crisis counselling with information and referral • The Barbra Schlifer Clinic 964-3855 has similar services Mon-Fri 9-5 and Mon and Thu until 9 pm

Lesbian positive counselling

- Lesbian Phone Line 533-6120
- Toronto Counselling Centre for Lesbians and Gays 977-2153
- Toronto Rape Crisis Centre 597-8808

Referrals to private therapists

Women's Counselling, Referral and Education Centre 534-7501 • telephone referrals to screened therapists and alternative mental health resources • referral sessions by appointment also available

LEGAL SERVICES

Legal aid

Ontario Legal Aid Plan 598-0200
• financial assessment to determine eligibility • If a certificate is issued, you may choose a lawyer who will be paid through legal aid • also provides lawyers for preliminary advice • generally covers family law matters such as separation, divorce, custody, property division, exclusive possession, child welfare, support, access, restraining orders • other matters may be referred to community legal clinics • does not cover laying an assault charge, which is the responsibility of the police or a Justice of the Peace

Community legal clinics

• free to low income residents of specific areas • generally provide preliminary legal assistance, summary advice, referrals • range of services varies • several offer specific services for assaulted women • for more information and for the clinic in your area call **The Assaulted Women's Helpline 863-0511**

- Agincourt Community Services 494-6912
- Bloor Information & Legal Services 531-4613
- Central Toronto Community Legal Clinic 363-0304
- Community & Legal Aid Services Program 736-5029
- Downsview Community Legal Services 635-8388
- Downtown Legal Services 978-6447
- East Toronto Community Legal Services 461-8102
- Flemingdon Community Legal Services 424-1965
- Jane Finch Community Legal Services 746-3334
- Neighbourhood Legal Services 961-2625
- Parkdale Community Legal Services 531-2411
- Rexdale Community Information & Legal Services 741-1553
- Scarborough Community Legal Services 438-7182
- South Etobicoke Community Legal Services 252-7218
- Willowdale Community Legal Services 492-2437
- York Community Services 653-5400

Characteristics of Assault or Abuse

FEAR

The assaulted woman lives in a state of chronic intimidation. To deal with the ever-present fear, the assaulted woman often denies the horrible reality of the beatings, and underestimates her feelings. Some women drink and take prescription drugs to avoid their terror.

HELPLESSNESS

Attempts to avoid or escape the violence have been unsuccessful. The result is a feeling of powerlessness and the belief that nothing can be done to change the situation- LEARNED HELPLESSNESS. Traditional female role conditioning supports this passive, compliant position.

INTERNALIZED BLAME

Often the assaulted woman believes in the myth of victim provocation. She believes she causes the beatings because she did something wrong or was not perfect enough. This means she spends a great deal of time and energy plotting her life and her conversation so she does not upset her husband. The internalized responsibility and guilt for her husband's behaviour serve to take him off the hook and perpetuates his use of violence with impunity.

ISOLATION

The assaulted woman has few people in her personal support network. Often, shame and embarrassment over the beatings keep her distant from others. In addition, many violent men attempt to control their wives through limiting their involvement outside of the marital relationship.

LOW SELF-ESTEEM

The eventual result of repeated abuse is, of course, a battered self-esteem.

Consider Leaving...

You need to spend some time in a safe place, free from the threat of violence, in order to think clearly and decide on your next step.

- *Make a plan to leave safely. Phone one of the shelters listed for good advice
 - *Take your children with you.
 - *Ask the police to escort you out of your home if you feel your husband will assault you if you leave.
 - *Go to one of the shelters listed in this brochure. If you have no money your stay will be paid for:
- OR
- *Go to the home of a supportive friend or relative.
 - *Stay with people who believe that men should not hit their wives or girlfriends.

Consider Taking Legal Action...

Taking legal action against your partner is a way of protecting yourself and showing him that his violence against you is illegal and unacceptable to you and to society.

You have many legal options available to you. Seek informed legal advice about the following:

- *peace bonds & restraining orders
- *criminal prosecution/assault charges
- *separation/divorce
- *custody of the children
- *division of the property
- *financial support
- *criminal injuries compensation

Try to Become More Independent...

The more independent you are, the more choices you will have.

- *You may need to get a job. Consider job counselling.
- *Open a separate bank account. Keep it secret if necessary.
- *Surround yourself with sympathetic friends, relatives.
- *Join a supportive women's group or drop-in centre.
- *Enquire about subsidized day-care.

THE TRADITIONAL ROLE OF INDIAN WOMEN

"The woman is the first teacher
Her teaching begins when the child
is in the womb and only begins
to diminish as the father and
the grandparents and others become
the additional teachers..."

Dr. Art Solomon, Elder
Poem entitled "A New Dawn"

"There are no easy solutions to violence against women and family, but we can begin by talking about the problem. Understanding ourselves and building respect that will endure and be passed on to our children."

"Within the Sacred Circle of Life, a woman's place is one of honour. In the old ways of the people, she knew respect for she was the mother. Both men and women were helpers to each other. There was balance in the home and a good way of being on the earth."

(ref. Native Women's Circle- A Right to Freedom and Respect
Violence against Women, Native Para-Judicial Services
of Quebec, 3465 Cote des Neiges, Suite 61, Montreal,
Quebec, H3H 1T7)

Profile of Men Who Batter

Jealousy, imagine partner is having affairs
Isolates and controls partner
Alternates between Jekyll and Hyde Personality
More violent during and after pregnancy
Explosive temper
Blames partner for violence
Verbally assaults partner
Denies battering and minimizes seriousness
Seems determined to drive partner away
Will do or promise anything to get partner back

L. Wetzel, 1980

Signs of Potential Abusers

Experienced violence as a child
Received military type training
Translates all emotions as anger
Accepts traditional role of dominant man

1. Violence is learned at home, school, media, and everywhere
2. Men are not permitted to express or experience a full range of human emotions without being perceived as helpless, unmasculine, or homosexual
3. Therefore they translate all emotional feelings into anger which may lead to violence
4. Men are socialized to resolve problems with violence
5. Family is a "safe" place to vent anger, in bars and at work a man can get hurt, even punished by the law
6. In the past society did not want officials to interfere in domestic matters, so no negative consequences befell the wife batterer
7. Men who are afraid of losing control of themselves will strike out to control others
8. Men are in the habit of believing home and family are possessions
9. Men have unrealistic expectations of self and others which lead to conflict and then battering
10. Just as violence is learned, men can also learn that true strength in a man is his gentleness

Areas of Abuse

Child abuse
Husband or wife abuse
Sexual assault
Incest
Abuse to the elderly
Sibling abuse
Abuse by teenagers



NOTES

Forms of Abuse

Physical
Emotional and Psychological
Sexual
Neglect

Some Factors Affecting Whether A Woman Will Return

1. Length of relationship
2. Number of times she left before
3. Where her self-esteem is at
4. Guilt
5. Who made the decision to leave
6. Knowledge about family violence
7. Sees affect on children
8. How dependent a person is she
9. Family/friends support
10. Has she ever been on her own
11. Love
12. Learned helplessness - Hope

Acknowledgements

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- Ontario Women's Directorate and the Honorable Ian Scott, Minister Responsible for Women Issues, for their support in production of this booklet.

Other Sources and References:

- Education - Wife Assault, 427 Bloor St., Toronto
- Native Women's Association of the N.W.T.
- Native Family and Child Services of Toronto