

## What is Relationship Violence?

It's a pattern of behavior that establishes **Power and Control** over another person using fear, isolation, intimidation and often physical injury.

### **Ask yourself...**

Is your partner or caregiver ever unpredictable – sometimes wonderful – but every once in a while very cruel or scary?

Do you feel isolated, like there's nowhere to turn for help, and that no one would believe you anyway?

Do you ever feel you have to say everything's okay, even when it's really not?

Do you feel nervous or frightened around your partner or caregiver?

Have you lost most or all of your friends since you've been in this relationship?

Do you ever feel worthless and with few options?

**Have you ever experienced your boyfriend / girlfriend / partner / spouse or caregiver...**

- blaming you for making them angry?
- calling you names, putting you down, or insulting you in front of others?
- limiting your access to money or preventing you from getting a job?
- causing you to feel afraid by smashing things, hurting your pets or displaying weapons?
- becoming very jealous of you for no reason?
- calling or paging you often?
- wanting to know where you are each minute of the day?
- not allowing you to spend time with your family and friends?
- intercepting e-mails and phone calls?
- threatening you if you told someone about an abusive incident?
- slapping, pinching, hitting or punching you?
- withholding your medication.
- forcing you to participate in unwanted sexual activity?
- making you do something you didn't want to do?

**Remember...**  
**It's not your fault!**

**If you have answered yes to some of these questions you may be in an abusive relationship.**

**You are not alone.**

**There is free help available to you.**

**Turn the page over to contact a local support service who understands what you are experiencing and who want to help you.**

### **D. O. V. E.** **Coordinating Committee**

***The Delta Opposes Violence Everywhere Coordinating Committee is committed to ending violence in human relationships, and its impact on everyone.***

***The committee is working towards improving a coordinated response to incidents of violence in relationships by identifying, and addressing gaps or barriers in service delivery and promoting respectful relationships.***

**Delta Police Emergency** call 911  
**Delta Police non emergency line**  
**to report abuse (24 hrs)** 604.946.4411

**Delta Police Victim Services** 604.940.5019  
4455 Clarence Taylor Crescent, Delta BC  
Offers emotional support related to relationship violence, information on the Criminal Justice System, court support, and referrals to community agencies.

**Deltassist Family & Community Services**  
9097 120th Street, Delta BC 604.594.3455  
Provides integrated and enhanced family and community services to the residents of Delta and the surrounding areas. The Alternatives to Violence Program provides assistance to individuals and families experiencing family violence.

**Delta Mental Health and Addictions**  
**South** 604.948.7010  
Unit 14, 1835 56<sup>th</sup> Street, Delta, BC  
**North** 604.592.3700  
#129 – 6345 120<sup>th</sup> Street, Delta BC  
Provides mental health and addiction services for adults. Offers assessment, screening, treatment, counseling, supportive case management, Pharmacotherapy and referrals. Offers individual and group therapy to clients experiencing mental health and addiction.

**Delta/ West Surrey Community Corrections**  
604.501.3292  
8285 - 120th St. Delta, BC V4C 6R1

**OPTIONS Services to Communities Society**  
604.596.4321  
#100-6846 King George Hwy., Surrey, BC  
Offers programs for women and children who are fleeing abusive relationships and for children and adolescents who have witnessed abuse/violence.

**DIVERSEcity Community Resources Society**  
604.597.0205

#1107 - 7330, 137th Street, Surrey, B.C.  
Offers counselling, outreach, career, language (ELSA) and integration/ settlement services to newcomers, refugees, first generational and multi-generational immigrants. Prevention and intervention of domestic abuse occurs through the Stopping the Violence (STV), the Children Who Witness Abuse (CWWA) and the Indo-Canadian Spousal Abuse (ICSAP) programs. Also offers Alcohol & Drug Counselling, Seniors Outreach Programs and Child Youth & Mental Health Counselling.

**Family Justice Centres**  
Provides services to British Columbians going through separation or divorce. Provides information on child access, custody, child support and spousal support.

**Surrey and Langley Family Justice Centre**  
Serves North Delta, Surrey, White Rock, Langley and Aldergrove 604.501.3100  
**Richmond Family Justice Centre**  
Serves Richmond, South Delta, Ladner and Tsawwassen 604.660.3511

**Legal Services Society** 604.585.6595  
Provides legal aid/representation and legal information to those who qualify.

**Stroh Health Care**  
1 877 599 4321 604.599.4321  
101-11950 80<sup>th</sup> Ave Delta, BC V4C 1YC  
The Relationship Violence Program is a 17 session group program delivered to men referred by Community Corrections. Participants gain information and develop skills to reduce violence in relationships.

# D.O.V.E



*Delta Opposes  
Violence Everywhere  
Coordinating Committee*

*Working Together  
To End  
Relationship Violence*

[www.deltassist.com/dove.html](http://www.deltassist.com/dove.html)