



**true**north

a safe place for those impacted by abuse

# **PROGRAM AND SERVICES FOR INDIVIDUALS & FAMILIES IMPACTED BY ABUSE**

Together we walk the path with those in crisis, honouring the past,  
providing support in the present, and awakening hope for the  
future.





## SERVICES & PROGRAMS

### Emergency Shelter Program

Our shelter is where families or individuals can find safety, rest and reflect and plan for moving forward. Our 25-bed, short-term shelter offers food, crisis counselling, life skills support, child care, yoga therapy, safety planning, and case planning services. We are also one of the few shelters that welcomes all individuals experiencing abuse, regardless of gender identity or gender expression. This includes, but is not limited to, individuals who identify as male, gender fluid, non-binary, or female.

#### Early Intervention

While at the shelter, our Family Support Workers support parents to foster healthy relationships and nurture the physical and emotional needs of the family while supplying a safe place for children and youth to express themselves freely and have fun.

#### Outreach

The Outreach program helps individuals residing in the community who have experienced abuse or crisis events with information, referral and supportive counselling services. These services are provided within an office setting or over the phone.

#### Public Education

Public Education increases awareness and reduces tolerance of violence and abuse in the community. True North offers free workshops and presentations about self-esteem, healthy relationships, family abuse, and more to schools, community groups, agencies & faith communities.

## OTHER SHELTER SERVICES & PROGRAMS

- ✓ In-house Groups
- ✓ One-on-One Support
- ✓ Safety Planning & Risk Assessment
- ✓ Court Support
- ✓ Yoga Groups
- ✓ Children's Outreach Program

## RECOGNIZING ABUSE

THE FOLLOWING BEHAVIORS MAY INDICATE YOU ARE IN AN ABUSIVE RELATIONSHIP.

EVALUATE YOUR RELATIONSHIP IF YOUR PARTNER...

- Teases, bullies, humiliates, intimidates, or threatens to harm you or others, including pets.
- Harms you physically in any way, including slapping, pushing, grabbing, shaking, smacking, choking, kicking, or punching.
- Tries to control different parts of your life, such as how you dress, what you say, what you believe in, and how you spend money.
- Tries to control your access to resources, such as your access to money, transportation, the internet, or important documents (birth certificates, drivers licenses, etc.).
- Embarrasses you or makes you feel ashamed (e.g. Your partner puts you down but tells you that they are the only person who loves you).
- Becomes jealous or angry when you want to spend time with others alone (including your friends or family) and demands to know where you are at all times.
- Makes unwanted sexual advances that make you feel uncomfortable, such as unwanted touching, pornography and rape. This includes attempts to coerce you into sexual activity by or sayings like, “If you loved me, you would...”.

**If you feel you may be in an abusive relationship,  
please contact us.**



## WHO WE ARE

True North provides programs and services to all people who are experiencing, or affected by abuse or in crisis. We are committed to a vision for a future where individuals and families are empowered to resolve conflict in peaceful and productive ways.

### TOGETHER WE CAN BUILD A SAFE AND SECURE COMMUNITY WITHOUT ABUSE

- Get news & information
- Join our team
- Volunteer your time and talents
- Attend an event or program
- Make a donation—Visa, Mastercard & Discover Card accepted on-line

## CONTACT US

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