

IN CASE OF EMERGENCY

POLICE.....911
S.O.S VIOLENCE CONJUGALE (24/24)(514) 873-9010
CENTRE POUR LES VICTIMES D'AGRESSION SEXUELLE:
Urgence (24/24)(514) 934-4504
DIRECTION DE LA PROTECTION DE LA JEUNESSE:
Urgence (24/24) (514)896-3100
TEL-AIDE: (24/24).....(514)935-1101
INFO-SANTÉ..... (514)766-0546
INSTITUT UNIVERSITAIRE EN SANTÉ MENTALE « DOUGLAS » :
Urgence (24/24) (514) 761-6131 ext. 2221

SHELTERS FOR ABUSED WOMEN - accompanied with or without children

LA MAISON DU RÉCONFORT (514)768-8648
MAISON FLORA TRISTAN..... (514)939-3463
AUBERGE TRANSITION POUR FEMMES..... (514)481-0495
MULTI-FEMMES (514)523-1095
L'ESCALE POUR ELLE..... (514)493-4004
REFUGE POUR LES FEMMES DE L'OUEST DE L'ÎLE..... (514)620-4845
CARREFOUR POUR ELLE..... (450)651-5800
LA DAUPHINELLE..... (514)598-7779
PAVILLON MARGUERITE..... (450)656-1946
MAISON SECOURS AUX FEMMES..... (514)593-6353
LE PARADOS (514)637-3529
LA MAISON LE PRÉLUDE..... (450)682-3050
CENTRE INTER-VAL 1175..... (514)933-8488
ASSISTANCE AUX FEMMES..... (514)270-8291
AUBERGE SHALOM (non confessionnel)..... (514)731-0833
FOYER POUR FEMMES AUTOCHTONES..... (514)933-4688
MAISON D'AHTENA..... (514)336-2251

RESSOURCES FOR IMMIGRANT WOMEN AND WOMEN FROM ETHNIC COMMUNITIES

AFRIQUE AU FÉMININ.....(514)272-3274
CENTRE DES FEMMES D'ICI ET D'AILLEURS.....(514)495-7728
CENTRE DES FEMMES ITALIENNES DE MONTRÉAL(514)388-0980
CENTRE COMMUNAUTAIRE
DES FEMMES SUD-ASIATIQUES..... (514)528-8812
FEMMES DU MONDE À CÔTE-DES-NEIGES..... (514)735-9027

ORGANIZATIONS AGAINST SEXUAL ASSAULT

MOUVEMENT CONTRE LE VIOLE ET L'INCESTE.....(514)278-9383
LA TRAVERSÉE.....(450)465-5263
CENTRE DE PRÉVENTION
DES AGRESSIONS DE MONTRÉAL.....(514)284-1212
CENTRE D'AIDE ET DE PRÉVENTION
D'ASSAULTS SEXUELS.....(450)699-8258
CENTRE POUR LES VICTIMES
D'AGRESSION SEXUELLE DE MONTRÉAL.....(514)934-4504
TRÈVE POUR ELLES (CALACS).....(514)251-0323
CALACS DE L'OUEST DE L'ÎLE.....(514)620-4333

WOMEN AT WORK – RIGHTS AND CLAIMS

GROUPE D'AIDE ET D'INFORMATION
SUR LE HARCÈLEMENT SEXUEL AU TRAVAIL(514)526-0789
ACTION TRAVAIL DES FEMMES.....(514)768-7233
AU BAS DE L'ÉCHELLE.....(514)270-7878

INCEST

EXPRESSION.....(514)368-3736
CENTRE DES FEMMES DE MONTRÉAL.....(514)842-1066
LE Y DES FEMMES.....(514)866-9941, ext. 293
F.A.S.E. (CLSC St-Michel)(514)374-8223
HOPITAL SAINTE-JUSTINE
Pédiatrie socio-juridique (12-18 ans)(514)345-4721

SERVICES FOR VIOLENT MEN

PRO-GAM.....(514)270-8462
OPTION.....(514)527-1657

REFERAL, INFORMATION AND HELP ORGANIZATIONS IN VERDUN

CLSC VERDUN/COTE SAINT-PAUL(514)766-0546
MAISON DES FAMILLES DE VERDUN(514)762-3399
CENTRE DES FEMMES DE VERDUN(514)767-0384
CASA-CAFI..... (514)844-3340
TO FIND THE CENTRE NEAREST YOU, CONTACT:
L'R DES CENTRES DE FEMMES DU QUÉBEC(514)843-8156



Montréal 



Centre des femmes de Verdun

4080, Wellington, local 203, Verdun, H4G 1V4
Tél. (514)767-0384

ACTION AGAINST VIOLENCE TOWARDS WOMEN



*Unknown author... like millions of women in our world
who are victims of the worst violences (translated from french)*

I hide behind my sunglasses my blistered eyes from last night's beating beating that I deserved	Sunglasses lighter and lighter found comfort and security in a shelter where my child can talk and play
Sunglasses so dark that I can't imagine leaving him with my child	Sunglasses that I took off to better denounce to the judge and the court the brutality of the words... the blows... tolerated for too long
Sunglasses to hide the stares shame... guilt.... I have had enough of being terrorized of being discredited	Sunglasses lightly tinted for when I walk outside with my child on sunny days
Sunglasses a shade lighter I'm afraid to disturb but I will push ahead to protect my child and to assert myself	

TYPES OF VIOLENCE

♀ ♀ ♀

Physical violence:

nobody has the right to violate you.

Nobody has the right to put you in a situation that can be hazardous to your health.

Nobody has the right to deprive you of food or medical care.

Psychological and emotional violence:

Nobody has the right to threaten you

Nobody has the right to insult you

Nobody has the right to blackmail you

Nobody has the right to harass you

Sexual violence :

Nobody has the right to force you to have sexual relations when you don't want to.

Nobody has the right to prevent you from protecting yourself against sexually transmitted diseases.

Nobody has the right to forbid you the use contraception or prevent you from having abortion.

Economical and financial violence

Nobody has the right to forbid you to work

Nobody has the right to deprive you of money

Nobody has the right to distance you from the management of your family finances.

Nobody has the right to force you to work

Community violence:

Nobody, neither your family, nor your friends, nor the members of your cultural or religious community has the right to force you into a situation violent situation.

Nobody has the right to force you to stay in a violent situation.

DID YOU KNOW...

- In the majority of cases in which a woman had been killed by her spouse, the police were aware of a previous history of conjugal violence. From 1993 to 2000, the existence of previous incidents of conjugal violence was noted in 74% of murders of women committed by ex-husbands, in 57% committed by boyfriends, and 41% committed by actual husbands. (*Condition Féminine Canada, Évaluation de la violence contre les femmes: un profil statistique, 2002, p.20*)
- In 2001, 69 canadian women were killed by their partners compared to 52 women in 2000. (*Statistique Canada, la violence familiale au Canada: un profil statistique 2003, p.8*)
- 80% of victims of sexual assaults are women and 60% of them are less than 18 years old. (*Gouvernement du Québec, Les Orientations gouvernementales en matière d'agression sexuelle, mars 2001*)

DID YOU KNOW...

Immigration politics today can still reinforce the dependency of the fiancée, the partner, the wife, the mother and the daughter, to men and the state, which in terms of domestic violence, can represent a dangerous and painful stranglehold.

No matter what your immigration status (without official status, refugee, all visas, sponsored, resident, citizen), if you are living with conjugal violence, stop! Don't continue to suffer! Help is available for you.

It is essential to inform yourself of your rights and to know them. Shelters can offer you the information you need, as well as support and lodging. All these services are offered in complete confidentiality, in absolute security and with respect to your cultural values, often available in your native language.

(Maison Flora Tristan)