

## We can help.

### Violence Against Women, Services Elgin County

300 Talbot Street, Suite #26  
St. Thomas, ON  
N5P 4E2

519.633.0155  
1.800.265.4305

[www.vawsec.on.ca](http://www.vawsec.on.ca)  
[info@vawsec.on.ca](mailto:info@vawsec.on.ca)

#### Services are available across Elgin County

Aylmer • St. Thomas • West Lorne

#### Funding received from:

- Individuals, special groups and companies who give to help women
- Ministry of Community and Social Services, Government of Ontario
- South West Local Health Integration Network

The views expressed in this material are those of Violence Against Women,  
Services Elgin County and do not necessarily reflect those of the Government of Ontario.

# Help for Women who are abused



Violence Against Women,  
Services Elgin County

## Just call.

Abused Women's  
Helpline – always  
there 24 hours a day

Women's Place  
Elgin's Emergency  
Shelter – a 24 hour  
safe place

Community Based  
Counselling – caring  
support for women  
and children

# 1.800.265.4305

FREE • CONFIDENTIAL • AVAILABLE 24 HOURS

# Services for women experiencing abuse & their children

## Safety. Support. Hope.

Love isn't about control and fear

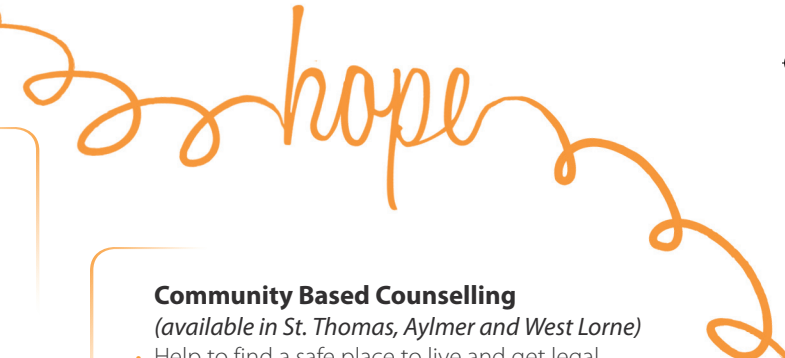
Abuse is done on purpose to try to control you, often with fear. It can be emotional, physical, or sexual. It is meant to hurt; to make you feel small and afraid.

Abuse can happen to any woman.



If it doesn't feel right, it probably isn't.

If you or someone you know has been abused, help is close and available, confidential and free.



### Abused Women's Helpline

- Absolutely confidential
- Real-time help, over the phone or in person
- Women, family members, friends or professionals are welcome to call
- Always there, 24 hours a day

### Women's Place, Elgin's Emergency Shelter

- A safe place for women, with or without children, who are being abused
- Always there, 24 hours a day with emergency transportation to safety

### Community Based Counselling

*(available in St. Thomas, Aylmer and West Lorne)*

- Help to find a safe place to live and get legal and financial information
- Support to manage the hurt of abuse and plan for your safety
- Help to cope with sexual abuse that happened when you were a child or an adult
- Counselling for your children

### Prevention by Education

- On-site training and information for services and agencies, community and faith groups, workplaces and schools.
- *Together we can make our community safer for everyone.*