

Recognizing the Signs of Abuse

Abuse isn't only physical violence. It can also be emotional, sexual, social, verbal, and economic. If you are unsure, please don't hesitate to call the Interlake Women's Resource Centre at **(204) 642-8264** where a counsellor will be happy to help you for free and in complete confidence.

Signs of domestic or family violence include:

- Threats to hurt you, your children, other family members, or pets
- Being hurt physically
- Being forced to have sex
- Being forced to do things you don't want to
- Being yelled at, called names, insulted, humiliated
- Isolation from friends and family
- Lack of privacy (i.e. keeping track of your emails, internet use, phone calls, etc.)
- Not having control over your own finances
- Not being allowed food, clothing, medication, or any other things you need
- Not having control over where you go or what you do

The bottom line: *if you feel unsafe, you probably are.* Trust that feeling and reach out for help. You are not alone. You deserve to feel safe. An end is possible.



Interlake Women's Resource Centre

87-5th Avenue, Gimli, MB

(204) 642-8264

Monday to Friday: 9:00am – 4:00pm

Walk-ins always welcome, no appointment necessary.

The doors are always locked and there is a security surveillance system in place to ensure your safety and confidentiality at all times while you are in our building.