

What is abuse?

Abuse is being mistreated by someone who has power over you. It is a misuse of power. Abuse has different forms:

- **Physical abuse** – beating, slapping, kicking and use of weapons
- **Emotional/verbal abuse** – excessive criticism, putting you down, swearing, isolating you from others
- **Sexual abuse** – forcing you to have sex or do things you do not want to
- **Financial abuse** – controlling your access to money, forcing you to be financially dependent

Abuse



Trauma

Abuse and trauma often go hand-in-hand. Abuse is a threat to who we are, our safety and our world. When we experience trauma, we may feel disconnected from life and unable to fully engage. **We can help you.**

- Services are **free of charge**
- Staff speak **multiple languages**
- **Childcare** can be arranged
- **Home visits** or visits to other convenient locations

If you need help in the evening or on the weekend, call:

- Distress Centre 266-1605
- Calgary Women's Emergency Shelter 234-7233
- Sheriff King Home 266-0707
- Requests for police service 266-1234
- Emergency 911 (Calgary Police Service)

This program is made possible through the generous support of United Way of Calgary and Area and Family & Community Support Services (FCSS)



CALGARY IMMIGRANT WOMEN'S ASSOCIATION (CIWA)



Family Conflict Program

Problem Solving and Support for Families and Individuals



#200, 138 – 4 Avenue S.E.
Calgary, Alberta T2G 4Z6
Telephone: (403) 263-4414
Fax: (403) 264-3914

Email: familyservices@ciwa-online.com
Website: www.ciwa-online.com

What we do:

- Address safety issues
- Provide emotional support
- Help you learn to deal with overwhelming situations
- Help you find direction, meaning and purpose in life
- Provide education about abuse and trauma
- Provide crisis information
- Offer first language support
- Refer you to other organizations and resources

A safe and culturally sensitive environment

- Safe and accepting environment
- Confidential and trustworthy
- We listen; you are not alone
- Understanding of diversity
- All counsellors are immigrants like you

We can help you with:

- ✓ Transitions/changes in life
- ✓ Difficulties in relationships
- ✓ Abuse and trauma

These situations are challenging and you may feel:

- Depressed
- Anxious
- Unsafe
- Panicked
- Lost and confused
- Disconnected/isolated from friends, family and community

Come and see us

If you are concerned about your safety or are having difficulty dealing with the effects of violence, call us at:

263-4414



Services are available for:

- Families
- Individuals (male and female)
- Couples
- Children

Workshops and presentations

Self-esteem

- An exploration of what we value, what gives us hope and what prevents us from being who we want to be

Family difficulties

- Learn how to communicate effectively and resolve difficulties with close ones

Trauma

- An exploration of how an overwhelming and frightening event or period in our lives may affect us physically, mentally, emotionally and spiritually

Support groups

This is an opportunity to meet other women, share experiences and to provide and receive support. Guest speakers may be invited to give information on a variety of topics relevant to our lives.

Please call for information: 263-4414