

Family Violence Resources Red Deer & Area

EMERGENCY 911

POLICE / LEGAL

Victim Services	341-2041
RCMP / CITY-Red Deer	343-5575
RCMP / RURAL-Red Deer	343-5591
Legal Aid Society	340-5119
Family Court Counsellor	340-7180

HOUSING / SHELTERS

Central Alberta Women's Shelter (Red Deer)	346-5643
Central Alberta Women's Outreach	347-2480
49 th Street Youth Shelter (Red Deer)	341-3190
Mountain Rose Shelter Association (Rocky Mountain House)	403-845-5339

CRISIS / COUNSELLING

AADAC – Red Deer office	340-5274
AADAC Help Line	1-866-332-2322
Crisis Centre (24 hour help/distress line)	340-1120
Mental Health Services	340-5466
Health Links	1-866-408-LINK (5465)
Native Counselling Services	347-4377

FINANCIAL

Employment, Immigration & Industry	340-5151
EII After Hours Emergency	1-800-638-0715
Assured Income for Severely Handicapped	340-7077
E.I. Inquiries	1-800-206-7218
E.I. Claims	1-800-531-7555
Credit Counselling of Alberta	1-888-294-0076

CHILDREN'S SERVICES / CHILD INTERVENTION

Central Alberta Child & Family Services	340-5400
Child Abuse Hotline	1-800-387-KIDS (5437)
Kids Help Line	1-800-668-6868

All Services are CONFIDENTIAL

**Domestic Relationship Violence Initiative
Committee**

May 2008

Yes, there is help available! See Over....

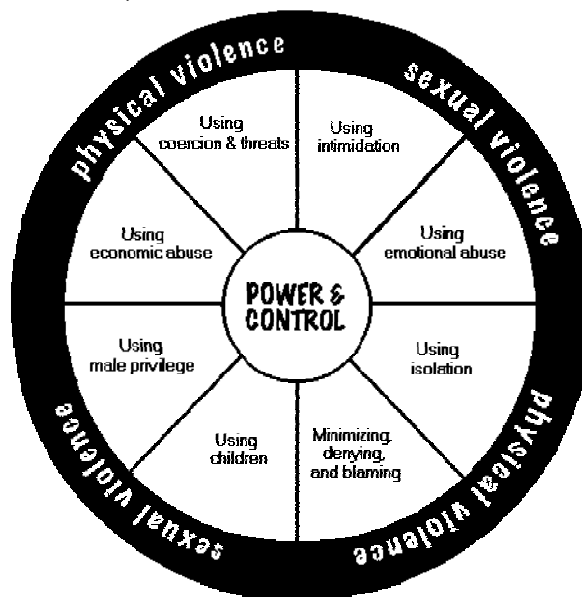
We Can Help!

Family Violence is everybody's concern

Abusive Behaviour can take many forms: verbal (name calling and other put downs), emotional (intimidating behaviour, threats to harm others, children or pets), physical (hitting or threat of force), sexual, economic (controlling money).

Abusive behaviour includes all ways in which one human being is trying to have control and/or exploit or have power over another. The Domestic Relationship Violence Initiative Committee wants abuse to stop and there are many services that can help you (see over).

If you are being abused, please call one of the numbers listed. Help for the abuser and other family members (i.e.: children) are also available.



Safety Plan for you and your children:

- Keep emergency numbers with you.
- Be ready to leave quickly (e.g. cash, documents, keys)
- Make a plan for your children's safety
- Change travel routes and routines
- Let people know you are not feeling safe
- Call a shelter for more safety advice