



**BE A LEADER . BE THE CHANGE .
BE BRAVE**



www.thebnc.ca



Status of Women
Canada

Condition féminine
Canada

Red Flags for Unhealthy Relationships:

- Blame you for how they treat you, for anything bad that happens or all problems and arguments.
- Abuse siblings, other family members, children or pets.
- Try to isolate you and control who you see or where you go.
- Nag you or force you to be sexual when you don't want to be or are unsure.
- You are afraid to break up with them, you feel tied down or like you have to check-in.
- They tell you how to dress or act.
- You find the physical and emotional abuse getting worse over time.

Resources:

Who to call.....

- Victim Services- Domestic Violence Unit (victim services branch): 1-866-484-2846**
- Domestic Abuse Crisis Line (24 Hours): 1-877-977-0007**
- Manitoba Justice Legal Services, Domestic Violence Support: 204-945-6851**
- Klinik: Sexual Assault Line- 204-786-8631**
- Drop - in Counselling- 204-784-4067**
- Youth Mobile Crisis Line- 204-949-4777**

Check this out online.....

- Government of Manitoba: www.gov.mb.ca/justice/domestic/**
- Status of Women: <http://www.gov.mb.ca/msw/>**
- <http://www.whiteribbon.ca>**
- [http://www.youtube.com- Justtvbnc- Healthy Relationships](http://www.youtube.com-Justtvbnc-HealthyRelationships)**

Where to go.....

Emergency Locations: Shelters

- MacDonald Youth Services: 204-477-1804**
- Salvation Army Booth Centre: 204-946-9400**