

# Choosing Safety

We know it's difficult to leave a relationship, even when there's violence. Living with abuse can leave you scared and feeling like you don't have the strength to start over. Probably, your partner has told you it's your fault. And the good times make you hope that things will change.

Making a break from a violent partner takes a lot of courage. It's important to have support. You don't have to make permanent decisions all at once. The first step is to get yourself and your children to a place of safety, where you can recover your strength, build your network of support, and have the space to decide what's best for you.

Isabel Johnson Shelter offers you and your children a safe place to be. There is no cost to stay. We are staffed 24 hours with women who are prepared to stand behind you as you heal and rebuild.

**To inquire call 525-2141**

Programs and services of Isabel  
Johnson Shelter are supported by:

Saskatchewan Community Resources

Leader Post Christmas Cheer Fund

City of Regina

Saskatchewan Lotteries



YWCA Isabel Johnson Shelter is a  
registered charitable organization  
Registration #108227950 RR0001

Donations are gratefully accepted  
c/o YWCA Regina  
1940 McIntyre Street  
Regina, SK S4P 2R3

# Isabel Johnson Shelter

Empowering  
women for  
**violence-free**  
lives



# Are You Being Abused?

Recognizing what is happening is a first step toward changing things. Often, it's hard to believe that abuse is happening to you.

Partner violence takes many forms. These are just some examples.

## Physical violence includes:

- Pushing, grabbing, hitting, choking
- Destroying your property
- Locking you out of your home

## Sexual violence includes:

- Trying to force you into sexual acts you don't want
- Hurting you during sex
- Insisting on unsafe sex

## Verbal abuse includes

- Put-downs and humiliation
- Intimidating or threatening you
- Suspicion, accusations, blaming you for everything

## Often controlling behaviours go along with violence, such as:

- Taking your money or making sure you are financially dependent
- Controlling where you go and who you see
- Making all the decisions without you

**If some of this sounds like your relationship,  
call the Isabel Johnson Shelter's helpline at 525-2141**

We're here to talk 24 hours a day.

If you're not  
ready to  
leave...

If you are choosing to stay, for now, with a partner who has been violent, remember that violence tends to get worse with time. You need a safety plan. Here are some things to keep in mind:

- Know the best escape routes from different areas of your home
- Make sure your children know which room or neighbour's home they can run to during a violent incident
- Make a list of safe people to contact. Memorize important phone numbers.
- Work out a code word or sign with family, friends or neighbours, so they will know when to call for help
- Keep change or a phone card with you at all times
- Keep vehicle keys, a change of clothing and personal documents in a safe place where you can get them quickly
- If you can keep it where the abuser won't find it, keep a detailed journal of abusive events. This will help you keep track of specific facts you may need later.