

Resources for Victims/Survivors - Help is available in your community

Crisis/Support Lines

Assaulted Women's Helpline
www.awhl.org

Crisis Response Services
www.crisisresponse.ca

Fem-Aide (French crisis line)
First Step Women's Shelter
www.fsws.ca

Kenora Sexual Assault Centre
www.kenoralsexualassaultcentre.com

Kid's Helpline

www.kidslinebpphone.ca

MADD Canada

Victim Support Line

We-Chee-Way-Win Suicide Prevention

Police

Ontario Provincial Police - Sioux Lookout
or for emergency dial **911** or
TTY Operator (for police)

Lac Seul Police

Nishnawbe-Aski Police Service

Medical

Meno Ya Win Health Centre

Hugh Allen Clinic

Health Clinic Frenchman's Head

Health Clinic Kejick Bay

Assault Care & Treatment Program
www.aciprogram.ca

Telchealth Ontario (24 hours)

Legal/Court Assistance

Crown Attorney's Office

Legal Aid Ontario

NAN Legal Services

Victim/Witness Assistance Program (Dryden)

Native Combined Courtworker Program

Support Services

Aboriginal Healing and Wellness Program

Ah-shawah-bin Victim Support Services

Equay-Wuk Women's Group

First Step Women's Shelter

Sunset Women's Aboriginal Circle

Translation/ Interpretation Services

Multicultural Association of Kenora and District
www.kenoramulticultural.com

Assistance: Developmental/Disabilities

Community Living Sioux Lookout
Integrated Services for Northern Children

1-866-863-0511

1-866-888-8988

1-877-336-2433
737-1438 or 1-800-465-3623

1-800-565-6161

1-800-668-6868

1-800-665-MADD (6233)

1-888-579-2888

1-800-465-2600

737-2020

1-888-310-1122

1-888-310-1133

582-3802

737-4045

737-3030

737-3803

582-3512

582-9821

737-0015

1-866-797-0000

223-3351

737-3074 or 1-800-465-7522

1-800-465-5581

223-7310

737-1903

737-1903

737-1700 or 582-9800

737-2214

737-1438 or 1-800-465-3623

737-7922

1-888-242-5661 (toll-free 24 hour line)

737-1447

737-3200

Counselling/Addictions Services

Community Counselling & Addictions Services

Community Wellness Program - Kejick Bay

Nodin Counselling

Traditional Healing Program

Aboriginal Alcohol/Drug Program

NNADAP Frenchman's Head

Drug/Alcohol Treatment Info-Line

1-800-565-8603

1-888-230-3500

Financial Assistance

Ontario Works

737-7117

Assistance - General

Government Services

737-1318

Town of Sioux Lookout Housing

737-1043

Nitawin Housing

737-4574

Out of the Cold (emergency shelter/food bank)

Salvation Army (emergency clothing)

737-7499

Sioux Lookout Anti-Racism Committee

737-4686

Sioux-Hudson Learning Centre

737-1501

Sioux-Hudson Employment Services

737-8022

737-1672

Children's/Youth Services

Aboriginal Family Support

737-7521

Akwe-go Program

737-1903

Kenora-Patricia Child & Family Services

737-3250

Tiknagan Child & Family Services

737-3466 or 1-800-465-3624

Northwestern Health Unit

737-2292

Patricia Centre for Children & Youth

737-2086

www.patriciacentre.ca

Healthy Generations/FASD Support

737-4600

Multi-Cultural Youth Centre

737-1501

Services for Seniors

Community Care Access Centre

737-2349

Community Care Access Centre toll-free

1-877-661-6621

Life Long Care Elder's Program

737-1903

Older Adults Program

737-4996 or 737-7139

Inquiries for Vulnerable Seniors

1-800-665-9092

Public Guardian & Trustee

1-800-891-0503

Veteran's Affairs

737-1310

Veteran's Affairs toll-free

1-866-522-2122

Additional Websites

www.advocacycentreelderly.org

www.malesurvivor.on.ca

www.sadv/treatmentcentres.net

www.shelternet.ca

www.slarc.ca

www.victimswavek.gc.ca

www.womanabusprevention.com

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Newsletter Contributors:

(CADVAC) Community and Domestic Violence Action Committee

The Mandate of CADVAC is to initiate change within the

community of Sioux Lookout towards a more effective and

coordinated response to all forms of violence in the community,

with a specific focus on domestic violence.

Newsletter Creator & Designer: Tracy Goretzki

April 26th - May 2 2009

National Victims of Crime Awareness Week

You hear it on the news, you see it on TV, but nothing could have prepared me for that horrific phone call; the voice on the other end trying to explain to me that my sister had been raped and beaten. I don't remember much about what was being said because at that moment my mind suddenly went back in time, like a flashback or a dream. It was my sister and I, we were celebrating our birthday, although we are seven years apart, we share the same birthday. She was telling me once again that I was her birthday gift, "her baby sister" and then she gave me that special smile she always seems to have just for me.



I am a Survivor

Then I was suddenly back on the phone trying to understand what the voice was telling me. I was shocked, angry, sad and suddenly felt completely lost. I remember little about the 20 hour drive, or if I spoke during the trip. But I will never forget the moment I saw my sister just days after she was brutally assaulted. I can't even explain the emotions that I was feeling, the only thing I wanted to do was hold her and take her pain away. Make her better, protect her from ever having to be scared again. That was more than two years ago and she has come a long way, she has found her way back, she is a survivor. I am so proud of her, my sister, my hero, I love you Jen. I am honoured that she has allowed me to share her poem with all of you.

Tracy Goretzki

The man I never knew might have taken what he thought was good,
But in my eyes he took nothing.
There is so much more of me
that he left behind; a better me.
There is only one thing I am grateful for
and to thank the man I never knew;
He let me live! And live I will,
each and every day.
To see my children and my grandchildren
grow and to love all my loved ones.
One message to the man I never knew;
I'm still here...
A daughter
A mother
A sister
A grandmother
And last but not least, A survivor.

WHAT TO DO IF A FRIEND OR FAMILY MEMBER IS A VICTIM OF SEXUAL ASSAULT

Sexual assault is devastating to the victim, but it can be traumatic for those close to the victim as well. You will see the victim go through many different emotions, and it may be difficult to know how to support him/her or to understand what they are going through. But, as a loved one of the victim, you will also experience a range of emotions. It will be important for you to get support for yourself as you deal with the sexual assault of your loved one.

YOU CAN HELP THE SURVIVOR BY:

- believing the survivor.
- letting him/her talk as much or as little as they want to, and LISTEN.
- understanding the variety of feelings that are common for rape survivors, from fear, guilt, and shame, to anger, depression, and denial.
- giving him/her time. Allow him/her to heal at their own pace.
- understanding that every survivor of sexual assault reacts differently, and has different needs.
- presenting choices and alternatives so the survivor can make his/her own decisions in dealing with the sexual assault. This encourages him/her to regain a sense of self and control.
- accepting the survivor's decisions in dealing with the rape.
- what he/she tells you may shock, scare or hurt you. Let him/her know it's okay to feel the way they do, even though it may hurt your feelings. Try not to be scared of your own emotions, you will be able to concentrate on him/her once you understand your own reactions.
- helping the survivor find support through loved ones, the local sexual assault centre, or a counsellor.
- not telling other people without his/her permission.

YOU CAN HELP YOURSELF BY:

- not blaming yourself for what has happened to the survivor
- allowing yourself to experience a range of emotions. You may feel a variety of things, including guilt, anger, concern, disbelief and depression.
- not taking it personally when the survivor directs negative feelings towards you.
- knowing your limits, and knowing that you too may need support as you deal with the sexual assault of your loved one.
- talking to your local sexual assault centre, a counsellor or a trusted friend or family member to get support.

SEXUAL ASSAULT IS NEVER THE VICTIM'S FAULT

You can't take away the survivor's pain, but you can help make the pain easier to handle.

SUPPORTING | CONNECTING | EVOLVING

NATIONAL VICTIMS OF CRIME AWARENESS WEEK
APRIL 26 TO MAY 2, 2009

SOUTENIR | RAPPROCHER | PROGRESSER

SEMAINE NATIONALE DE SENSIBILISATION AUX VICTIMES D'ACTES CRIMINELS
DU 26 AVRIL AU 2 MAI 2009

