

LE CISSS DES LAURENTIDES
complice de votre santé



MY WELLNESS AND SUPPORT TOOL

1. WHAT IS DOMESTIC VIOLENCE?

Domestic violence¹ can occur between partners or ex-partners in an intimate or romantic relationship. It is not limited to physical violence. Domestic violence can take a **variety of forms**:

Psychological	→ Denigrating, threatening, criticizing, intimidating, isolating by preventing contact with family or the use of a cellphone, etc.
Verbal	→ Yelling, insulting, giving orders, etc.
Sexual	→ Sexual assault, sexual harassment, forcing an undesired act, etc.
Physical	→ Hitting, injuring, biting, throwing things, etc.
Spiritual	→ Preventing or denigrating religious or spiritual beliefs and practices, etc.
Financial	→ Depriving of financial resources, controlling income, etc

Domestic violence also includes violent acts committed against the victim's things or even pets.

Family violence includes all forms of violence in a family setting, for example, by one member of the family against another member and to which the child is exposed, or violence by a member of the family against a child.²

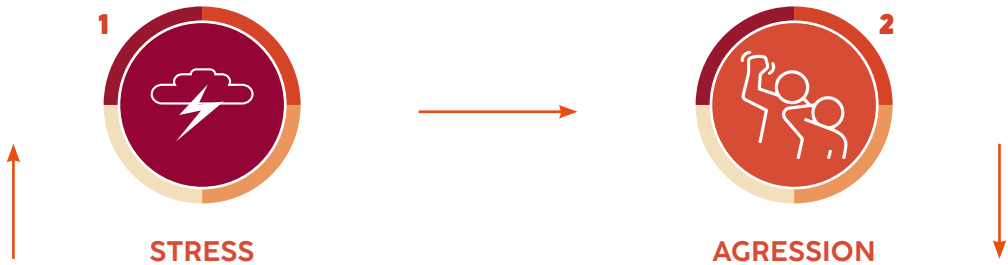
Violence is displayed through a series of repetitive actions that constitute the “**cycle of violence**,”^{1,3,4,5} which tends to worsen over time.

This repetitive cycle is very damaging for the victims and for children. The abuser sets rules to control their partner. These rules, which are not always known to the victim, can be changed and applied when the abuser so decides. This is often confusing and disturbing for the victim. The victim's confusion and anxiety allow the abuser to keep a grip on the victim.

The abuser then finds excuses to justify their behaviour, which makes the victim believe the use of violence is legitimate. The abuser will also try to gain forgiveness and to reconcile with their partner/ex-partner before becoming violent again.

The cycle repeats, and the more it repeats, the more intense and closer together the incidents become.

CYCLE OF DOMESTIC VIOLENCE



Abuser: The atmosphere is tense: the abuser displays excessive anger, threatening looks, heavy silences, etc.

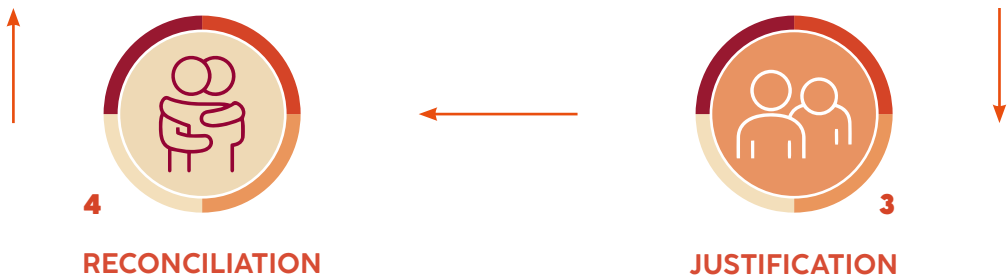
Victim: The victim is worried and scared. The victim tries to improve the atmosphere to avoid violence.

Child*: The child is scared and withdraws. The child feels responsible.

Abuser: Various forms of violence by the abuser: physical, psychological, sexual, spiritual, financial or verbal.

Victim: The victim is sad, feels humiliated and has a sense of injustice.

Child*: The child is terrified and acts by hiding or interfering. The child can feel distressed and powerless.



Abuser: The abuser promises to change. They will be attentive and affectionate towards the victim.

Victim: The victim keeps hoping that the other person will change and notes their efforts. The victim gives the abuser another chance.

Child*: The child can sometimes have mixed feelings during this phase, between happiness and hope in this reconciliation, or anger or anxiety about seeing their parent maintain the relationship. The child may also feel a conflict of loyalty.

Abuser: The abuser apologizes and justifies their behaviour. They deny responsibility by insidiously making the victim responsible.

Victim: The victim feels responsible for the violence experienced: the victim has doubts and feels guilty.







Child*: The child feels responsible and is confused. The child believes their parent's justifications.

** Children have their own cycle which is independent of that of their parents.*

ALWAYS REMEMBER

1. **There's no such thing as "petty violence". All forms of violence are damaging and must be taken seriously.**
2. **Domestic violence is not always visible.**
3. **Nothing justifies the use of violence.**
4. **Domestic violence can occur and even continue long after a separation.**

To help you find your way around, here is a comparison between types of violence and other kinds of conflict.⁵

	Coercive and controlling domestic violence	→ Presence of control and power dynamics because of the abuser's violent behaviour and strategies, regulation and monitoring of daily life, unequal relationship within the couple.
	Situational domestic violence	→ Presence of a dynamic of violent management of conflict, occurs following misunderstandings or harder-to-manage emotions.
	Post-separation domestic violence	→ Abuser adapts violent strategies to maintain control and domination, using the children when available, to attain objectives. Duration varies.
	Reactive violence	→ Violent reactions and victim's strategies to protect or re-establish the power balance during an episode when they are targeted.
	Serious separation conflict	→ Parents in the process of separation, high-conflict relationship having an impact on the children, mutual denigration and blame. ⁶
	Couple's quarrels	→ Occasional, arguments where each one tries to defend their point of view, absence of a controlling or dominating dynamic but with aggressiveness sometimes present.

You may recognize yourself in one or many of the concepts presented. A professional can help you take stock. Remember that occasional quarrels are normal in a couple. If these quarrels are frequent or are not easily settled by the couple, it is possible that it is a case of domestic violence.

2. WHAT IS A HEALTHY RELATIONSHIP?

Although everyone has their own definition of a healthy relationship, many agree that they include respect and equality between partners, good communication, confidence, consent, a feeling of security and much more. What would you like to have in your couple relationship?

Is your relationship good for you? Are you satisfied with it?

Take stock of your situation

a) Do you sometimes have the impression:

- | | |
|--|--|
| <input type="checkbox"/> That you are walking on eggs with your partner? | <input type="checkbox"/> That you are constantly belittled, discredited? |
| <input type="checkbox"/> That your clothing, your comings and goings, the people you see are controlled by your partner? | <input type="checkbox"/> That you are forced into having sex? |
| <input type="checkbox"/> That you don't make your own decisions? That you aren't free? | <input type="checkbox"/> That you do everything to avoid reproach or angry outbursts? |
| <input type="checkbox"/> That you are always the one responsible or blamed for your partner's or your relationship's problems? | <input type="checkbox"/> That you never do anything right according to your partner? |
| <input type="checkbox"/> That your partner wants you to feel sorry for them to make you feel bad? | <input type="checkbox"/> That decisions are imposed on you by force or threats? |
| | <input type="checkbox"/> That your opinions, values or beliefs are constantly ridiculed? |

- | | |
|--|---|
| <input type="checkbox"/> That you no longer see your loved ones because of your partner? | <input type="checkbox"/> That you have too often heard promises of change? |
| <input type="checkbox"/> That you are constantly watched? | <input type="checkbox"/> That you no longer have control over your finances? |
| <input type="checkbox"/> That you feel guilty about the violence you endured? | <input type="checkbox"/> That you often have to explain the marks and bruises on your body? |

b) What repercussions do the following situations have on you?^{1,7}

Psychological consequences

- Guilt;
- Suicidal thoughts;
- Dark thoughts;
- Difficulty sleeping;
- Anxiety, fear;
- Shame;
- Low self-esteem;
- Memory loss;
- Post-traumatic stress (intense fear, flash-backs, insomnia, hypervigilance);
- Sadness, depression;
- Self-harm;
- Alcohol, drug or medication abuse.

Physical consequences

- Physical pain;
- Sexual dysfunction (e.g.: loss of desire);
- Miscarriage;
- Injuries/scars;
- Gastro-intestinal problems (e.g.: stomach aches);
- Poorer general physical health.

Others

- Isolation;
- Financial problems;
- Absenteeism from work;
- Deterioration of the relationship with the children.

Do you recognize yourself in the situations mentioned above? You may be a victim of domestic violence. It is important that you do not stay alone and that you ask for help.

3. WHAT SHOULD I DO IF I EXPERIENCE DOMESTIC VIOLENCE?

a) Get help

If your safety and/or life is endangered, call **911**.

To speak to a specialized domestic violence counsellor 24/7, call:

- ✓ **Info-Social** 811, option 2
or
- ✓ **SOS violence conjugal**: 1 800 363-9010

You can also call one of the **5 domestic violence women’s shelters** in the Laurentians. Find their contact information on page 17.

Centre d’aide aux victimes d’actes criminels – CAVAC (the help centre for victims of crime) can also provide support for you during the process. See page 18 for their contact information.

When you call one of these services, a counsellor will be able to listen to you and support you while referring you to the appropriate resources based on your situation and your needs. A personalized protection plan can also be worked out with you.

b) Develop a protection plan

The protection plan is a very important element for ensuring your safety and that of your children, if you have any. It is made in anticipation of a violent episode at home. We will suggest several tips to help you. The specialized domestic violence counsellors will also be able to help you set up your protection plan.

The strategies you are already using:

Other strategies to protect yourself:^{1,5}

- Make sure you always have some cash available so that you can take a taxi or bus if you have to leave quickly.
- Identify a room in your home that has a lockable door where you can take refuge.
- Identify the rooms in your home from which it is possible to escape and prepare an evacuation plan for each room. Give preference to rooms with windows or on the 1st floor.
- Identify people you trust who can help you when you need it, and have their contact information handy (neighbours, family members, etc.).
- Tell a person you trust what you are wearing, where you are going and what you will be doing when you go out, especially if, for example, you fear for your safety after a separation.
- Agree on a code with the people you trust to let them know that there is a dangerous situation (e.g.: light a candle in a window).
- Prepare a bag with essential items for yourself and the children, if applicable (clothes, important documents and copies of identification). This bag can also be left with a person you trust.
- Keep a cellphone accessible and save emergency numbers on it.

- Disable geolocation on your cellphone.
- Delete the history of websites you have visited as needed.
- Get rid of dangerous items that could be used by the abuser during a violent episode.
- Do not tell the abuser when you leave the home.
- Announce the separation when in a safe place.
- Have someone with you when you announce the separation.
- Ensure that you are accompanied by the police if you must return to the home.

If there are children present:

- Establish a code or a secret sign with the children, as well as a safe place to take refuge if needed. This code or sign will let them know when they have to leave the home.
- Explain to the children how and in what situations they must call emergency services at 911. Don't forget to teach them the address of the home.
- After a separation, exchange the children in a safe, neutral meeting place, for example, in the parking lot of a police station or at the SOS Jeunesse premises.

Other strategies :

4. FILE A COMPLAINT WITH THE POLICE

The decision to file a complaint⁸ or not is entirely yours to make. It might be an easy decision for you, or you may need a long time to think about it. There is no time limit to file a complaint; you can even do it years later.



In certain cases, the police department may arrest the suspect even if you do not file a complaint, in order to protect you.

To help you get started, we recommend that you document incidents of domestic violence. For example, note the date, time, location and what happened and keep the pertinent evidence (photos, texts, names and contact information of witnesses, etc.).⁹

For example :

Date and time	Location	Details of the event	Witness or evidence
November 8, around 6:30 p.m.	In the kitchen of the apartment	He pinned me against the wall and strangled me because I hadn't prepared supper. He told me that he would really give it to me the next time.	Photos of marks on my throat – on my cellphone.
December 22, around 8:00 p.m.	In the apartment	When I went out to meet some friends, he said I was dressed like a "slut." He forbade me from going out and said that, anyways, my friends are "idiots."	Texts exchanged with Virginia to explain the situation to her.



FREE AND CONFIDENTIAL

In preparation for legal proceedings:

- To be accompanied in the legal process, you can contact **CAVAC**, the help centre for victims of crime, which can provide information and support, at 1 800 492-2822.
- To get legal advice from a lawyer at **Rebâtir**, call 1 833 REBATIR (732-4847).
- To get information on the legal process, the handling of a complaint and authorization for charges, contact the **DPCP domestic violence and sexual assault line**. You can contact a Crown prosecutor at the Directeur des poursuites criminelles et pénales from Monday to Friday between 8:30 a.m. and 4:30 p.m. at 1 877 547-DPCP (3727).
- You can contact **SOS violence conjugale** at any time to get help or assistance at 1 800 363-9010.
- You can also bring a friend or family member, a lawyer or a counsellor.

To file a complaint, the first step consists of contacting a police department:

- ✓ By calling 911, especially if you are in danger.
- ✓ By going in person.
- ✓ By calling the police station to make an appointment

You will meet with a police officer who will gather all the important information and have you sign a statement.

If there is reason to believe that an offence has been committed, the abuser may be arrested. They will then be detained or freed with conditions while awaiting a hearing before a judge. The suspected abuser must respect the conditions imposed on them, such as to not approach you or try to contact you. If they do not respect the conditions, they can be arrested and charged with new offenses.

The Crown prosecutor is responsible for deciding if the evidence can lead to formal charges against the abuser. If they are formally charged, you will be informed by the investigator in the file. However, the charging process can be lengthy.

I filed a complaint on (date) _____ incident # _____
 Names of police officers and investigators I met with _____

Withdrawing the complaint

You can ask to withdraw your complaint. However, because there are special policies for cases of domestic violence, the prosecutor may decide to uphold the charges against the abuser anyways. For example, this would be the case if the prosecutor feels that the guilt of the accused can be proven without your testimony. They will try to ensure that you were not forced to withdraw your complaint and that this was done freely and voluntarily. The police officers will take your statement about your desire to withdraw the complaint.

Contact ban

A contact ban¹⁰ may be imposed on a person suspected of a crime following their arrest so that they do not contact their victim, the victim's family or friends, witnesses or any other designated person. Many factors are considered before the imposition of a contact ban, for example, the need for the measure to ensure the safety of the victim, the victim's fears, the victim's family and friend's fears, and the police officers' concerns regarding the accused, the circumstances of the crime and its seriousness, the wishes of the victim, etc.

Any attempt to communicate, directly or indirectly, will be prohibited. The abuser cannot talk to you, phone you, send you a text or email. They cannot send you a message through another person either. Failure to respect a contact ban will result in a penalty.

A partial contact ban is possible under certain conditions, for example, when there is shared custody of children. A prosecutor can give you more information about this if you call the DPCP domestic violence and sexual assault line, 1 877 547-DPCP (3727).

Request an "810"

An "810"¹ is a peace bond. It is used as a preventative measure to protect victims. It can be requested by a victim of domestic violence, someone acting for them, or the Crown prosecutor. You can apply for an "810" even if no crime has been committed.

To get an "810," go to a police station. Your application must be approved by the police officers and by the Crown prosecutor. The partner or ex-partner must also accept to sign the agreement. A judge can also impose the measure if there is enough evidence.

The partner or ex-partner must undertake the peace bond and remain on good behaviour. Bans can also be imposed on:

- ✓ Entering into contact with you or your family, either directly or indirectly.
- ✓ Coming near your home or a place you go to.
- ✓ Possessing weapons.
- ✓ Consuming alcohol or drugs.
- ✓ Talking about you in the media, including social media.

Failure to respect one condition is considered a breach of conditions and can result in new charges. However, a complaint must be filed.

5. TERMINATING YOUR LEASE

You can terminate your lease¹¹ if you feel threatened for one of these three reasons:

- You are the victim of domestic violence by your partner or ex-partner.
- You have experienced sexual violence.
- A child living in the dwelling is a victim of violence.

You do not need to file a complaint with the police to terminate your lease. You can do so even if you have a sublease, as long as there is a signed lease. The process has 3 steps:

Step 1. Obtain an attestation from a public officer

Three documents are required to obtain this attestation:

- Fill out the form *Request for an Attestation for the purpose of resiliating a lease on grounds of sexual violence, spousal violence or violence towards a child living in the dwelling covered by the lease*. The section “Oath or solemn affirmation” must be signed by the victim as well as a commissioner of oaths or in a courthouse. To fill out the form online or to print it, go to <https://www.quebec.ca/en/homes-and-housing/renting/leases/terminate-lease-domestic-violence-sexual-assault>
- Provide a copy of the lease.
- Provide a letter supporting your request from a health and social services professional (doctor, psychologist, pediatrician, social worker, nurse, etc.) or from a counsellor in a victims’ assistance service such as CAVAC, CALACS or shelter. You can also provide a copy of the police statement or the name of the police department involved in your file.

Once you have gathered the 3 documents, send them to the nearest DPCP office. The DPCP will quickly inform you of their decision. If the response is positive, you will receive the attestation from a public officer.

Step 2. Complete a notice of lease termination

Once you have your attestation from a public officer, you can fill out the *Notice of termination of a lease because of spousal violence, sexual violence or violence towards a child* form. You can complete it online at: https://www.tal.gouv.qc.ca/sites/default/files/notices/TAL_818A_E.pdf

Step 3. Send the public officer’s attestation and the lease termination notice to the landlord

The lease will end one month after this step if it was of indeterminate length or for a period of less than one year, or two months after if the lease was longer. The delay can be shorter if there is an agreement with the landlord.

7. WHAT CAN I DO TO PROMOTE MY WELLBEING?

Some things to think about...



How is my appetite?

I eat well

Enough

No appetite



How is my sleep?

I sleep well

Enough

Little



Has my drugs, alcohol or medication use changed?

Yes No



What do I do to take care of myself and to feel better? (e.g.: get some fresh air, creative outlet, etc.)



Do I tend to isolate myself?

Yes

No



Do I feel safe ...

at home? Yes No

at work? Yes No

at school? Yes No



If you do not feel safe, it is important to tell a professional. They can give you information about shelters or the steps to follow to terminate your lease.

Where and with whom do I feel **SAFE**?

Where and with whom do I feel **UNSAFE**?

If I feel that my safety is threatened, I can call:



What type of support would help me the most right now?

- Emotional support? Someone to talk to and express my feelings.
- Daily support? Someone to help me with my daily tasks or other routine activities: cooking, shopping, childcare.

My support needs:

My support network



Info-social

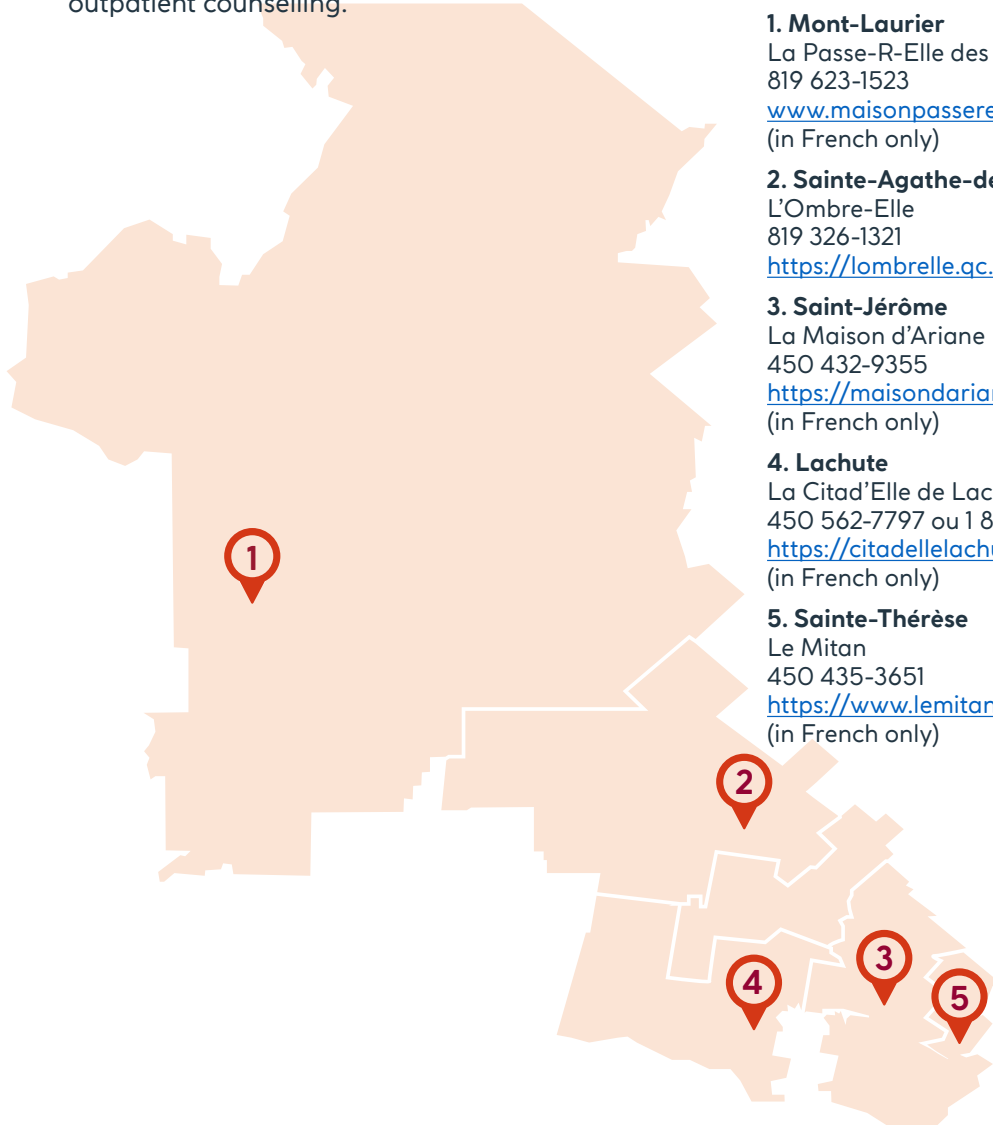
811 option 2

SOS Violence conjugale

1 800 363-9010

8. SHELTERS FOR WOMEN VICTIMS OF DOMESTIC VIOLENCE

Specialized shelters for women and children who are victims of domestic violence provide housing services but also inhouse and outpatient services to all women victims, no matter where they are on their journey. Shelters offer individual and group meetings, as well as individual outpatient counselling.



1. Mont-Laurier

La Passe-R-Elle des Hautes-Laurentides
819 623-1523

www.maisonpasserelle.com

(in French only)

2. Sainte-Agathe-des-Monts

L'Ombre-Elle
819 326-1321

<https://lombrelle.qc.ca/en/home-2/>

3. Saint-Jérôme

La Maison d'Ariane
450 432-9355

<https://maisondariane.ca>

(in French only)

4. Lachute

La Citad'Elle de Lachute
450 562-7797 ou 1 866 562-7797

<https://citadellelachute.ca>

(in French only)

5. Sainte-Thérèse

Le Mitan
450 435-3651

<https://www.lemitan.org>

(in French only)

RESOURCES AVAILABLE FOR VICTIMS

CISSS DES LAURENTIDES

Director of Youth Protection (for reports or rapid access)

1 800 361-8665

Primary Care Access Point (GAP)

To obtain a medical appointment (for individuals awaiting a family doctor)

811 option 3

Info-Santé and Info-Social 811 (Telephone consultation 24/7)

To speak to a nurse: option 1

To speak to a counsellor: option 22

CLSC psychosocial services

CLSC Thérèse-de-Blainville | Sainte-Thérèse

CLSC Jean-Olivier-Chénier | Saint-Eustache

CLSC Lafontaine | Saint-Jérôme

CLSC d'Argenteuil | Lachute

CLSC de Sainte-Adèle | Sainte-Adèle

CLSC Saint-Sauveur | Saint-Sauveur

CLSC Ste-Agathe-des-Monts | Ste-Agathe-des-Monts

CLSC Mont-Tremblant | Mont-Tremblant

Centre de services de Rivière-Rouge | Rivière-Rouge

CLSC de Mont-Laurier | Mont-Laurier

WOMEN'S CENTRES

Personalized services for women, educational and social activities

Carrefour des femmes du Grand Lachute

MRC d'Argenteuil | 450 562-7122

Centre de femmes les unes & les autres

MRC de la Rivière-du-Nord | 450 432-5642

Centre de femmes Liber'elles

Mirabel | 450 594-0556

Centre la Colombe

MRC des Laurentides | 819 326-4779

Centre Rayon de femmes

MRC Thérèse-de-Blainville | 450 437-0890

La Mouvence

MRC de Deux-Montagnes | 450 472-7245

Signée femmes

MRC Antoine-Labelle | 819 275-5455

TELEPHONE HELP AND LISTENING LINES

Info-aide sexual violence (24/7)

1 888 933-9007 (514 933-9007)

Elder Mistreatment Helpline (8:00 a.m. to 8:00 p.m.)

1 888 489-2287

SOS violence conjugale (24/7)

Listening, support and referral for victims of domestic violence

1 800 363-9010

Le Faubourg suicide prevention centre (24/7)

1 866 APPELLE (277-3553)

RESOURCES AND ASSISTANCE SERVICES FOR VICTIMS

CAVAC, the Laurentian help centre for victims of crime

Accompaniment, post-traumatic and psychosocial intervention, legal information, information on rights and recourse, technical assistance, referral to specialized resources.

Toll-free: 1 800 492-2822 | 450 569-0332

CETAS – Sexual assault assessment and treatment centre

Psychosocial services for victims of sex crimes and their loved ones

450 431-6400 | <https://www.info-cetas.com> (in French only)

IVAC – Compensation plan for victims of criminal offenses - benefits

Toll-free: 1 800 561-4822 | 514 906-3019

Monday to Friday 8:30 a.m. to 4:30 p.m.

Maison le Paravent (Saint-Joseph-du-Lac)

Housing and assistance services for women who are homeless or at risk of becoming homeless.

450 491-5582 | <https://www.maisonleparavent.org/en>

Service d'aide à la recherche de logement (SARL) de Saint-Jérôme

Support in the search for housing (Saint-Jérôme residents only)

450 990-4277 | <http://www.omhstjerome.qc.ca/service-daide-a-la-recherche-de-logement-sarl/> (in French only)

LEGAL SERVICES

Barreau du Québec – list of lawyers

<https://www.barreau.qc.ca/en/find-a-lawyer/>

Centre communautaire juridique Laurentides-Lanaudière

For emergencies (persons arrested and detained):

1 800 842-2213

Saint-Jérôme (criminal and penal, administrative, civil and family) | 450 436-5712

Lachute | 450 562-2462

Sainte-Thérèse | 450 435-6509

Saint-Eustache | 450 472-0134

Sainte-Agathe | 819 326-6111

Mont-Laurier | 819 623-2827

Centres de justice de proximité Laval-Laurentides-Lanaudière

Personalized legal information, support and guidance, Info-Separation service.

Toll-free: 1 844 522-6900 | 450 990-8071

JURIPOP

1 855 587-4767

Affordable legal services for people unable to pay a private lawyer. To make a request: <https://juripop.org/en/i-need-a-lawyer-make-a-request/>

For the list of lawyers specializing in domestic and/or sexual violence, see: <https://juripop.org/en/>

DPCP domestic violence and sexual assault line – Directeur des poursuites criminelles et pénales (Crown prosecutors)

Information for victims of domestic and sexual violence who plan to file a complaint with the police.

1 877 547-DPCP (3727)

Monday to Friday from 8:30 a.m. to noon and 1:00 to 4:30 p.m.

Rebâtir

Free legal consultations for victims of sexual or domestic violence.

1 833 REBATIR (732-2847)

PROFESSIONAL ORDERS – Lists of clinical professionals

Ordre des travailleurs sociaux et thérapeutes conjugaux et familiaux du Québec (social workers, family and couples therapists)

<https://www.otstcfq.org> (in French only)

Ordre des psychologues du Québec (psychologists)

<https://www.ordrepsy.qc.ca> (in French only)

Ordre des psychoéducateurs et psychoéducatrices du Québec (psychoeducators)

<https://ordrepsed.qc.ca/trouver-un-psychoeducateur> (in French only)

Ordre professionnel des criminologues du Québec (criminologists)

<https://ordrecrim.ca/public/protection-public/trouver-un-criminologue> (in French only)

POLICE DEPARTMENTS

File a complaint, request a contact ban or peace bond, etc.

Régie de Police du Lac des Deux-Montagnes

450 974-5300

Régie intermunicipale de police Thérèse-de-Blainville

450 435-2421

Service de police de la Ville de Blainville

450 434-5300

Service de police de la Ville de Mirabel

450 475-7708

Service de police de la Ville de Saint-Eustache

450 974-5300

Service de police de la Ville de Saint-Jérôme

450 432-1111

Service de police intermunicipal de Terrebonne/Sainte-Anne-des-Plaines/Bois-des-Fillions

450 471-4121

Sureté du Québec

310-4141 ou *4141 (cell)

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