

**Are ANY of these things happening to you or have happened to you?  
Call Us... We Can Help!**

- Do you feel that you have to be careful about what you say and/or do to keep your partner from getting angry?
- Did you stop seeing friends or family, or give up personal interests or activities you enjoy because your partner does not like them?
- Do you keep quiet or did you stop expressing your opinions because your partner does not agree?
- Do you worry because your partner has threatened to hurt themselves, hurt you, your children or family pets if you raise issues or talk about leaving?
- Do you find yourself apologizing or making excuses to yourself or others for your partner's behavior?
- Does your partner convince you that their jealousy is a sign of love?
- Have you been kicked, hit, shoved, or had things thrown at you?
- Does your partner control your movement, your use of the phones, computer and money.
- Does your partner force you to have sex and /or do things that you do not want to do?
- Does your partner call you names and say things that make you feel bad about yourself or make you feel that there is something wrong with you?
- Have you been hurt and controlled by a family member, caregiver, employer or person you trust?
- Are you homeless as a result of violence or abuse that has occurred in your life?

**Our work in the community**

**Interim Place marks a number of community events to advance social justice:**

- Black History Month (Feb)
- V-Day - Global Movement to Stop Violence Against Women and Girls (Feb 14)
- Women's History Month (March)
- International Women's Day (March 8)
- International Day for the Elimination of Racial Discrimination (Mar 21)
- International Day of Abolition Trans Atlantic Slave Trade (Mar 25)
- Holocaust Remembrance Day (April 21)
- Asian Heritage Month (May)
- Sexual Assault Prevention Month (May)
- Pride month (June)
- World Refugee Day (June 20)
- National Aboriginal Day (June 21)
- Take Back the Night Rally (Sept/Oct)
- Hispanic Awareness Month (Sept 15 - Oct 15)
- World Habitat Day (Oct 1)
- National Day to Eradicate Poverty (Oct 16)
- Universal Children's Day - **United Nations** (Nov 20)
- International Day for Elimination of Violence Against Women - **United Nations** (Nov 25)
- World Aids Day - **United Nations** (Dec 1)
- International Day of DisAbled Persons - **United Nations** (Dec 3)
- National Day of Remembrance on Violence Against Women (Dec 6)
- Human Rights Day - **United Nations** (Dec 10)



**If you are a woman in need of help due to violence call us...**

**We can Help!**

*Interim Place provides shelter, support, counseling and advocacy to help abused women and their children break the cycle of abuse. Interim Place provides services in a manner that honours the diversity of women and children. We are committed to a philosophy of feminism, anti-racism and anti-oppression.*

[www.interimplace.com](http://www.interimplace.com)



**Administration Office**

Telephone: (905) 403-9691  
Fax: (905) 403-9808

P.O. Box 45070, Mississauga, ON L5G 1C9  
Email: [mail@interimplace.com](mailto:mail@interimplace.com)

**Charitable Number: 10751 0059 RR0001**

## Are you in need of Emergency Shelter?



### **24 Hour Shelter Lines:**

**Telephone:** (905) 403-0864  
**TTY:** (905) 403-0453

**Telephone :** (905) 676-8515  
**TTY :** (905) 676-0284

## Are you in need of Community Support and Outreach?

### **Community Support and Outreach Program (THSP)**

**Telephone:** (905) 676-0257  
**TTY :** (905) 676-1413

*Interim Place services are provided in all languages through our multi-lingual staff, language interpreters and ASL services.*



**If you are a woman in need of help you can also call toll-free 24 hours a day/7 days a week:**

### **Assaulted Women's Helpline**

**Telephone:** (416) 863-0511  
1-866-863-0511  
**TTY :** 1-866-863-7868

### **Provincial French Crisis Line**

**Telephone:** 1-877-FEM-AIDE or  
1-877-336-2433  
**TTY:** 1-866-860-7082

### **Sexual Assault Rape Crisis Centre of Peel**

**Telephone:** (905) 273-9442  
(905) 273-3337

## **INTERIM PLACE PROGRAMS**

All our services are **free and confidential**. You can get help by calling our Shelter or the Community Support and Outreach Program (THSP) for support in the following:

- Crisis support and counseling services for women and children
- Safety Planning
- Information and referral assistance in areas such as housing and income support
- Support and advocacy with various legal matters including: Family, Criminal, Landlord and Tenant, Criminal Injuries, Workers Compensation, Employment Insurance, Income Support, Housing Appeals and Immigration
- Support with employment, training and education
- Social, recreational, educational groups and programs for women and children
- Practical assistance and help with obtaining food, clothing, identification, healthcare and daycare

### Shelter

Interim Place operates two emergency shelters for women facing violence. Our 24-hour emergency shelters provide up to 54 beds in a safe, secure confidential setting where women, with or without children, can stay up to 4 months.

## Community Support and Outreach Program (THSP)

Interim Place operates a Community Support and Outreach Program (THSP) that helps women in the community who are currently experiencing or have experienced violence and abuse. The program is available to all women whether they have previously resided at the shelter or have remained in the community. We provide follow-up after care support and outreach services.

### Volunteer Program

Interim Place promotes volunteerism throughout the organization. If you are interested in becoming a volunteer, please contact our administration line to receive an application form or fill in an application on-line. We strongly encourage applications from Aboriginal Women, World Majority Women/Women of Colour, Women with DisAbilities and LGBTQI women.

### Student Placement

Interim Places has an active student program. We encourage applications from all students in keeping with our mission and vision. If you are interested in completing your placement with us, please contact our Administration line for information. We take students in the areas of social services, fundraising, and not-for profit administration.

*If you are experiencing abuse, you are not alone and you are not to blame. You have choices... call us we can help you find safety!*