

This guide is written to help people who are abused by their partners, their parents, their children, and an acquaintance or by total strangers.

ABUSE is the loss of safety, dignity and control. It is felt by people who are:

- abused either physically
 - mentally
 - verbally
 - economically
 - sexually
- threatened with abuse
- Abused by their partner
 - boyfriend/girlfriend
 - common-law
 - former spouse
 - children
 - parents

In Canada, it is a crime to hurt or threaten to hurt another person. Hurting a partner is just as wrong as hurting a stranger.

Family/Friends/Clergy

Call family, friends, or church for support and comfort. You and your children can often find shelter, safety, and emotional support among family and friends.

It is often good to be with someone we know, trust and respect.

A- EMERGENCY SERVICES

Police

In all emergency situations, call **911**. Call the ambulance if you need one.

For non - emergency calls:

Codiac R.C.M.P.	857-2400
(Dieppe, Moncton, Riverview)	
Richibucto	523-4611
Sackville Town Police	536-0830
Shediac/Cap-Pele RCMP	533-5151

All other areas and after hours:

R.C.M.P.	1-800-665-6663
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Your local police force will thoroughly investigate all calls. After discussion with the Crown Prosecutor, criminal charges will be laid where there is enough evidence.

Hospitals

Dr. Georges L. Dumont Hospital

Archibald St.
Moncton, NB
E1C 2Z3
Tel: 862-4000 / 862-4113

The Moncton Hospital

135 MacBeath Ave
Moncton, NB
E1C 6Z8
Tel: 857-5353 / 857-5111

Stella Maris Hospital

Ste. Anne-de-Kent
New Brunswick
Tel: 743-2407

Sackville Memorial Hospital

Sackville, New Brunswick
Tel: 364-4100

Albert County Hospital

8 Forestbale Road
P.O. Box 28
Albert, N.B.
E0A 1A0
Tel: 882-3100

Medical Centres

Dr. Louis Bourque Clinic

1116 Mountain Rd.

Tel: 855-1125

After Hours Medical Clinic

350 St-George Street

5:30PM – 8:00PM (weekdays)

12:00PM – 3:00PM (weekends & holidays)

Tel: 856-6122

Moncton North

After Hours Medical Clinic

5:00PM – 9:00PM (weekdays)

11:00AM – 3:00PM (weekends & holidays)

Tel: 854-2273

Shediac Medical Center

P.O. Box 1477

307 Main St

Shediac, NB

Tel : 533-3020

Crossroads For Women, Inc

P.O. Box 1247

Moncton, N.B.

E1C 8P9

Tel: 853-0811

Crossroads for Women, Inc. is a transition house for abused women and their children. If you are living with abuse - physical, psychological and/or sexual - and you want to talk about it; or if you need a place to stay for a short while, call Crossroads for Women, Inc. at 853-0811 Anytime day or night.

Health & Community Social Services

**P.O. Box 5001
Moncton, N.B.
E1C 8R3**

During office hours, call:

Moncton	856-2400
Richibucto	523-7606
	1-800-561-2001
Big Cove	523-8224
Sackville	364-4078

After-hour emergencies dial 1-800-442-9799

Community Social Services provide services on a twenty-four hour basis. If children are involved in some type of family violence, an initial assessment will be done to determine if the child is in danger. If the family does not include children, an assessment of the need for adult protection will be conducted.

If it is determined that the child or adult needs protection, Community Social Services workers will give support and supervision. If there is no need of protection, referral to other resources in the community may be made.

B-VICTIM SERVICES

Victim Services (court base)

Department of Solicitor General

**770 Main Street, 9th floor
P.O. Box 5001
Moncton, N.B.
E1C 8R3
Tel: 856-2875**

**73 Main Street
Richibucto, N.B.
EOA 2M0
Tel: 523-7150**

**432 Main Street
Shediac, N. -B.
EOA 3G0
Tel: 5339100**

This provincial department can help you understand the court process before, during, and after the trial. It will answer questions, offer support and give you information on other services. It can guide you in preparing a **VICTIM IMPACT STATEMENT** for the courts and help you make application for benefits available for victims of crime through the **COMPENSATION** and/or **COUNSELLING PROGRAMS**

Victim Services

Codiac RCMP Victim Services
520 Main St
Moncton, N.B.
Tel :857-2452

Beausejour Family Crisis Resource Center
432 Main St
Shediac, N.B.
533-9100

The Codiac Regional **R.C.M.P.** and the Beauséjour Family Crisis Resource Center (Shediac) have a Victim Services unit. They may assist you in a variety of ways, including: emergency assistance; provide information on police procedures, the criminal justice system and, on the status of the investigation; and direct you to the to appropriate community agencies and/ or individuals or families to provide emotional comfort and short-term counselling.

- Family violence**
- Sexual assault**
- Suicide attempt**
- Armed robbery**
- Break and enter**
- Death notification**

A team of highly trained volunteers is available 24 hrs a day 7 days a week to assist the R.C.M.P.

C- COURT AND LEGAL SERVICES

Family Court Services

770 Main Street
9th Floor, Assumption Place
Moncton, N.B.
E1C 8R3

Tel: 856-2305

Family Court Services provide counselling, paralegal, and mediation services for people who have separated or are getting a divorce, who need help with child custody, visiting rights, child and spousal support, and marital property division.

Some legal services such as support orders and agreements, as well as enforcement, may also be provided.

These services are free. You must make an appointment (no walk-ins please).

**Family Court mediators do the screening for domestic Legal Aid (in cases of abuse only)

Domestic Legal Aid

Legal Aid is available in family matters strictly in cases of abuse.

- Child custody
- Visiting rights
- Support

Property issues are limited to cases where the total value of property does not exceed \$ 20, 000.00

Screening is made by Family Court Mediators.

**770 Main Street
9th Floor, Assumption Place
Moncton, N.B.
E1C 8R3**

Tel: 856-2305

Crown Prosecutor

**770 Main Street
8th Floor, Assumption Place
Moncton, N.B.
E1C 8R3**

Tel: 856-2310

**73 Main St
Richibucto, N.B.
E0A 2M0**

Tel: 523-7990

The Crown Prosecutor's office can give information on how charges are laid, on the court process, and your rights. If the case goes to trial, you will be advised on how to present your evidence.

The Crown Prosecutor can make recommendations to the court concerning sentencing. They can suggest to the judge that counselling, treatment, limited or no contact with the victim, be part of the sentence.

Human Rights Commission

770 Main Street
4th Floor, Assumption Place
Moncton, N.B.
E1C 8R3

Tel: 856-2422

The Human Rights Commission is a government agency, which administers and enforces the New Brunswick Human Rights Act. Its function is to forward the principle that every person is free and equal in dignity and rights without regard to race, colour, national origin, ancestry, place of origin, age, physical disability, mental disability, marital status, sexual orientation or sex, including pregnancy.

The commission investigates and conciliates formal and informal complaints of discrimination filed under the act and advances equality of opportunity through public education programs and community development activities.

YWCA Family Law Legal Advice Clinic

35 Highfield St.
Moncton, N.B.
E1C 5N1

Tel : 855-4349

For women who cannot afford a lawyer free consultation with a lawyer on matters of family law including separation, divorce, custody, access and division of property. Every Thursday, 7:00 – 9:00 pm. By appointment only.

They also offer sessions on **Making a Will & Power of Attorney**, and **How to do your own Divorce**.

D-COUNSELLING

**Mental Health Clinic
77 Vaughan Harvey Blvd.
Moncton, N.B.
E1C 8R3**

**Tel: 856-2444 (adults)
856-2546 (children and adolescents unit)**

The Mental Health Clinic offers counselling, psychotherapy, and psychiatric services. Call for an appointment.

If you are depressed, suicidal, etc. the Clinic's emergency consultation service is available between 8: 30 a.m. and 5: 00 p.m. Monday to Friday.

Family Services

**120 High Street
Moncton, N.B.
E1C 1X2**

Tel: 857-3258

Family Service Moncton provides individual, couple, family, and group therapy in either English or French with professionally trained therapists.

Its Option Program addresses the issue of woman abuse and men's violence towards women. Help is available for men, women, and children.

Family Life Education courses are also offered on subjects such as Becoming Assertive – The Art of Parenting – Step/Teen (how to parent teenagers) and Stress Management.

Prevention Centre Against Family Violence in Kent

**Stella Maris Hospital
Ste. Anne-de-Kent, N.B.
E0A 2V0**

Tel: 743-5449

The Prevention Centre Against Family Violence in Kent offers reference services of agencies from Kent. It is a resource center (documents, pamphlets, statistics, etc...) providing information on different forms of violence. They do workshops and presentations on demand.

The Prevention Center Against Family Violence in Kent is open Monday to Friday from 8:30 until 4:30. The telephone number is 743-5449.

Beauséjour Family Crisis Resource Centre

**432 Main St.
Shediac N.B.
E0A 3G0**

Tel: 533-9100

A place where people experiencing difficulties can either drop in or call for assistance and information.

We offer emotional support, short term counselling, information on services available, and we also make referrals to appropriate agencies in the following areas:

- **Family violence**
- **Sexual abuse**
- **Parent-child relationship**
- **Drug, alcohol, and gambling dependency**
- **Eating disorders**
- **Family and marital problems**
- **Emotional problems (stress, grieving...)**
- **Depression and suicide**

Sexual Health Centre

**860 Main St
Suit303
Moncton, N.B.
E1C 1G2**

Tel: 856-3310

The goal of the Sexual Health Centre is to provide sexuality and other reproductive health related information, education, counselling, clinical, follow-up, and community outreach services to adolescents and young adults, from age 13 to 24.

Services include: Counselling about healthy relationships, sexual decision making, birth control methods, emergency contraception, pregnancy, and sexually transmitted diseases.

Testing: pregnancy, sexually transmitted diseases including HIV and Pap test.

Services are free and confidentiality is assured.

Safe Spaces (*gay, lesbian or bisexual*)

Tel: (506) 869-6224

Website: safespaces@nb.albn.com

Safe Spaces is a project that offers information and support in a safe environment for people who are gay, lesbian, bisexual, or questioning their sexual orientation. (Between 14 and 25 years old)

Big Cove Indian Child and Family Services Agency

Site 11

Box 1

Big Cove, Kent Co. , N.B.

E0A 2L0

Tel : (506) 523-8224

Fax : (506) 523-8226

The Big Cove Child and Family Services Agency is mandated by the Province to administer the Family Services Act for the residents of Big Cove First Nation. The Agency delivers a full range of services equal to those offered by the Provincial Health and Community Services. Specifically the services offered to victims of abuse include : (i) after hour on-call service; (ii) child protection services; (iii) general family services, counselling, transportation to emergency family shelters, and support services for court related matters.

4 Directions Indian Child and Family Services

Bouctouch, Indian Island, Fort Folly, Pabineau

RR#2, Site 1

Box 9

Bouctouche, N.B.

E0A 1G0

Tel: 523-0100

The 4 Directions Family Services Agency provides services to children and families in four different First Nations communities.(Bouctouch; Fort Folly; Indian Island; Pabineau)The agency delivers child protection services, family services, intake, and investigations etc...

E-ADDICTION SERVICES

Regional Addiction Services

**125 Mapleton Road
Moncton, N.B.
E1C 9G6**

Tel: 856-2333

They offer services related to **alcohol, drugs, and gambling** problems. Social workers offer individual, group and family counselling, and client assessment. They also provide services to family members concerned with addicted persons

The detoxification unit provides 24-hour service for individuals to withdraw from their dependency, with emphasis on rest, personal hygiene, and the return to a balance lifestyle.

PORTAGE Treatment Program for Drug Addicted Youth

**390 King Street, Suite 211
Fredericton, N.B.
E3B 1E3**

**Tel: (506) 472-4847
1-800-735-9800**

Portage offers drug and alcohol-free treatment, encouraging participants to take charge of their own lives. The six to eight month program emphasises family-like systems that create a positive life situation.

Located at Cansidy Lake, near Sussex, the facility can accommodate 40 young residents between the age of 14 to 21.

Al-Anon/ Alateen

Help is available for friends and families who live or have lived with problems of alcoholism.

Al-Anon, Al-Anon Adult Children, and Alateen meetings are available at various times and places in English and French throughout the city and surrounding areas. For more information, call 382-5087 or 1-888-4-ALANON.

ALCOHOLICS ANONYMOUS helps people who can not control alcohol. Call 382-5087.

NARCOTICS ANONYMOUS: 1-888-436-2929

GAMBLERS ANONYMOUS: 387-4067

F- FINANCIAL HELP AND OTHER SERVICES

Human Resources Development (Income Assistance)

Moncton	856-2414
Sackville	364-4084
Richibucto	1-800-561-2080
	523-7616
Shediac	533-3333

The Department of Human Resources Development is a program of financial support for people who can't meet their basic living needs.

If you qualify, a monthly allowance will be provided for food, clothing, shelter, etc.

Food Banks and Clothing Depots

These services provide emergency food and/or clothing and furnishings. A few can offer emergency lodging.

1. Moncton Headstart
852-8252 - clothing, furniture, and school supplies
2. Karing Kitchen, 75 Alma St.
854-3837 or 855-7330 - meals
3. Ray of Hope Kitchen, 340 Dominion Street
(St. Augustin), 857-4224 - meals
4. House of Nazareth, 14 Clark St.
858-5702 - food and shelter
5. Salvation Army Family Services,
Family Thrift Stores,
16 Church St., and 102 Norwood Ave.
857-8477 – clothing and furniture
389-9901 - emergency food
6. Saint-Vincent-de-Paul, St. George and Lutz St.,
857-4060, 855-4775 -clothing
7. Crossroads for women,
853-0811 – miscellaneous
8. Vestiaire Saint-Joseph, Shediac
532-1147 – food and clothing
9. Food Bank of Port Elgin
538-7638, - clothing, food and miscellaneous
10. Food Bank of Richibucto, 523-7580
11. Petitcodiac Food Bank
756-4164 – food and clothing
12. Food Bank of Dorchester, 379-6232
13. Sackville District Assistant Center
536-4164 –food and clothing
14. Open Hand Food Bank
Mark Ave. Moncton, N.B. Tel: 382-3663

OTHER HELPFUL SERVICES

Support to Single Parents, Inc

**154 Queen Street
Moncton, N.B.
E1C 1K8**

Tel: 858-1303

Support to Single Parents Inc. is a non-profit organization that provides programs and services to single parents (separated, widowed, divorced, or never married). The activities of the organization include: educational group programs and workshops, counselling, training, community development, and public awareness.

Telephone Help Lines

They provide non-judgemental, confidential telephone services to anyone who needs someone to talk to. Friendly and caring people are empathic to a caller's need.

Help-24-Au Secours **859-HELP**
Chimo Helpline Inc. **1-800-667-5005** (Provincial
Crisis Line)

Tele-Care

Tel: 1-800-244-8353

Thinking about going to your hospital's Emergency Department?

If you are not sure call Tele-Care. Experienced emergency nurses will answer your call. After assessing your symptoms, a Tele-Care nurse will provide information to help you decide what to do.

Advisory Council on the Status of Woman

770 Main Street
8th Floor Moncton, N.B.
E1C 1E7

Tel: 856-3252

The council can assist women in obtaining change in their situation. It promotes public awareness on issues, including the prevention of violence against women. The council has a resource centre and various other publications available free of charge.

YWCA

**35 Highfield St.
Moncton, N.B.
E1C 5N1
Tel: 855-4349**

Women's Resource Centre

The YWCA Moncton Women's Resource Centre is open from 9:00 am to 4:30 pm Monday to Friday. On Thursdays, the Centre is opened until 7:00 pm. Resource materials are available on topics such as violence, abuse, stress management, depression, parenting, family law, health, and other topics of interest to women.

They also offer a wide variety of short-term programs throughout the year emphasizing:

- **Health and Wellness**
- **Legal Education (*Family Law Legal Advice Clinic*)**
- **Personal Development**
- **Women in Business**

Eating Disorder Resource Centre

Information, referral, and support services for those coping with eating disorders as well as weight and body image preoccupations.

G-For The Abuser

OPTION PROGRAM

**Family Service Moncton
126 High Street
Moncton, N.B.**

Tel : 857-3258

Family Service Moncton Inc. provides individual, couple, family, and group therapy in English or French with professionally trained therapists. It also offers services for the abuser through its Option Program.

Option addresses the issue of woman abuse and of men's violence towards women. Help is available for men, women, and children.

Family Life Education courses on a wide variety of subjects are also offered, including : Becoming Assertive – The Art of Parenting – Step/Teen and Stress Management.

Probation

**Department of the Solicitor General
Assumption Place 9th Floor
770 Main Street
Moncton, N.B.
E1C 8R3**

Tel: 856-2313

Probation is a sentence of the Court, which allows a person who has committed a crime to remain in the community. The probation order will include specific conditions outlined by the judge.

Probation officers also provide information to assist the Judge in sentencing and can provide or arrange services and programs. They report any violations in the Court.

Legal Aid

**770 Main Street
Moncton, N.B.
E1C 1E7**

Tel: 853-7300

Legal Aid is a program, which helps people who need but cannot afford the services or advice of a lawyer - criminal cases only.

A. EMERGENCY SERVICES

B. VICTIM SERVICES

C. COURT & LEGAL SERVICES

D. COUNSELLING

E.ADDICTON SERVICES

G. FOR THE ABUSER

F. FINANCIAL HELP & OTHER SERVICES