

# Breaking the silence

Centre de santé et de services sociaux  
du Sud-Ouest–Verdun



## TABLE OF CONTENTS

3	Foreword
5	Introduction
7	Is your partner violent?
8	There is no excuse for violence
9	The forms of conjugal violence
12	The cycle of conjugal violence
14	Conjugal violence and your relationship
15	Staying or leaving
17	Emergency kit
18	Protection scenario
19	What about the children?
20	Pressing charges and going to court

## RESOURCES

23	Emergency
24	Guidance for legal proceedings
25	Assistance and consultation resources

## FOREWORD

In Quebec today, government policies aim to detect, prevent and combat conjugal violence. Despite the resulting actions, our community is still affected by this immense problem. Although most men and women denounce conjugal violence, too many victims suffer in silence every day.

In our era of communications, thousands of people still find themselves silenced and isolated by conjugal violence. These tension- and fear-filled households force women and children to live in worry, constantly measuring their words and gestures and trapped in the loneliness of their own homes. Lulled by the illusion that all is well, their friends, neighbours and families are often unaware of what is happening.

This happens because conjugal violence takes on many different forms that too often remain hidden. We can see the violence that stems from physical injuries, but we are less able to recognize the violence hidden behind a veil of put-downs, control or manipulation. It is also difficult to recognize violence when it is expressed through threats rather than blows, through humiliation rather than bruises, through words rather than weapons. All of these types of violence deeply wound victims, yet their devastating effects remain misunderstood.

In this context, it is easier to deny that violence exists than to work to prevent it. It is easier to trivialize it than to understand its scope. It is easier to close our eyes to it than to denounce it. To change things, however, we must start by recognizing that conjugal violence does exist. And I know that we do want to change things—we all aspire to build a world where romantic relationships are respectful, fulfilling, exciting and passionate, and where each home is a place of comfort, well-being and safety.

## FOREWORD (continued)

To succeed, we must take a courageous stance against anyone who denies the existence of conjugal violence by denouncing it; we must respond to those who condone it by condemning it; we must react to those who trivialize it by revealing the suffering it causes. We must say a collective “NO” to anyone who uses violence.

This is what the authors of this brochure, *Breaking the Silence*, have done admirably well.

By providing specific information and useful and accessible resources, this brochure is an important tool for anyone wishing to denounce violence or break free from its grip. *Breaking the Silence* brings hope to people struggling with conjugal violence or anyone who wants to help. It is a step further towards a society without racism or sexism, without discrimination or violence—a society based on respect, non-violence and equality.

Joane Turgeon  
Director  
SOS Violence conjugale

## INTRODUCTION

The Table de concertation sur la violence conjugale de Laval Inc. (Laval Round Table on Conjugal Violence) brought out this booklet in 1991. It authorized the practitioners at the Verdun / Côte St-Paul CLSC to revise the booklet and tailor it to the clientele on its territory. The booklet was therefore updated for the first time in 1993. La maison du Réconfort de Verdun put a great deal of work into the revision, and we thank them for their efforts.

After a number of organisations merged under a single banner (the Sud-Ouest-Verdun CSSS for our territory), the practitioners on the Committee Against Conjugal and Family Violence within their respective CLSCs decided to put out a third edition of the booklet in 2007. They embarked on the third update because they were convinced that conjugal and family violence has a long-term impact on its victims, and wanted to continue offering services to women. The booklet is intentionally aimed specifically at women. Still today, statistics show that women are the primary victims of such violence, even though it has been recognized that men and children also suffer.

Violence is everywhere in society, and we often let victims suffer the consequences. Violence is at times so close to us that it is difficult to see, recognize, denounce and fight. Those who have signed the Politique d'intervention en matière de violence conjugale du Gouvernement du Québec 1 (the Quebec Government policy for action against conjugal violence) recognize psychological, verbal, physical and sexual attacks as well as financial control as conjugal violence.

Contrary to popular belief, it is not a lack of control, but rather a chosen method to dominate and establish one's power over another person.

## INTRODUCTION (continued)

This booklet is aimed mainly at women who must deal with violence from their partner, women who live with the consequences of such violence, the practitioners who work with these women, and everyone, regardless of sex, sexual orientation, and ethnic origin, who is directly or indirectly affected by conjugal violence and may see themselves reflected in this booklet.

This booklet offers:

- Some thoughts on conjugal and family violence
- Some advice
- Legal information
- A list of resources in the neighbourhoods of Verdun, Ville-Émard, Côte St-Paul, St-Henri, Petite-Bourgogne, and Pointe-St-Charles, and a number of resources offered in the Greater Montreal area.

1. The signing parties of the *Politique d'intervention en matière de violence conjugale du Gouvernement du Québec* are: Ministère de la Sécurité publique (the Ministry of Public Safety), Ministère de la Justice (the Ministry of Justice), Ministère de la Santé et de Services sociaux (the Ministry of Health and Social Services), Ministère de l'Éducation (the Ministry of Education), Secrétariat à la famille (the Secretariat for the Family), Secrétariat à la Condition féminine (the Secretariat for the Status of Women), Ministère de l'Immigration et des Communautés culturelles (the Ministry of Immigration and Cultural Communities), and Ministère des Affaires autochtones (the Ministry of Aboriginal Affairs).

# Is your partner violent?

If you answer yes to any of the following questions, it is important to ask yourself what is happening...

## **Does your partner...**

- Criticize you no matter what you do?
- Control your outings, telephone calls, occupations, etc.?
- Humiliate or insult you in private or in front of others?
- Force you to engage in unwanted sexual practices?
- Prevent you from contacting your family or friends?
- Throw or break things that are important to you, or bang on the walls when he is upset?
- Accuse you of “asking for” and provoking his violent outbursts?
- Promise you every time that he will never do it again?
- Create special alliances with your family or friends against you?
- Threaten to commit suicide when you talk about separating?

## **Do you...**

- Fear your partner’s reactions?
- Sometimes fear for yourself or for your children?
- Feel anxious, unhappy, powerless, controlled?
- Face physical abuse or the threat of physical abuse?

Are the various members of your family often violent toward each other?

# There is no excuse for violence

## **When your partner is violent, do you tell yourself:**

- It's my fault, I asked for it... I got what I deserved.
- He's not well, it's not his fault.
- If only he didn't drink/do drugs, he wouldn't lose control.
- If the children were quieter, he wouldn't get angry.
- If he had a job or didn't work so hard, he would control himself better.
- He can't do anything about it, it's not his fault, he just has an angry personality. At least he's "not as bad" as... (his father, my ex, my father...).

Everyone is responsible for their behaviour and actions, regardless of any excuse that may be used. A person can even decide to put a stop to violent behaviour. Violence is unacceptable. You are right to take steps to protect yourself.

Drinking and/or doing drugs, and certain mental health problems, are not causes of conjugal violence. They are excuses that are often used and tolerated by society. Alcoholism, drug addiction and mental health problems are problems in their own right, and violence is another problem altogether. No one has the right to attack another person physically, verbally, psychologically or in any other way.

**Your life and self-respect are important. You have the right to be loved and respected, and to live in peace. There is never any excuse for violence!**

# The forms of conjugal violence

You may have determined that your partner engages in conjugal violence; here are some of the forms it can take.

## **1. VERBAL**

The different types of verbal violence:

- Belittling
- Humiliation
- Insults
- Threats (death, suicide, taking the children away...)
- Harassment

## **2. PSYCHOLOGICAL**

Psychological violence is subtler, more difficult to identify, and often downplayed. It is frequently linked to verbal violence. It lowers self-esteem and helps make you believe that you are worthless and powerless. The effects of psychological violence can be as destructive as those of physical violence.

The different types of psychological violence:

- Controlling what you wear, what you eat, your friends, your outings, etc.
- Hitting the wall to scare you
- Harming animals and breaking objects that are important to you
- Blaming (trying to make you feel responsible for his actions)
- Using silence, sighs, looks, sulking, indifference to make you change your mind or your behaviour
- Sudden changes of attitude and mood swings

# The forms of conjugal violence

## **3. SEXUAL**

This is the most feared and hidden form of conjugal violence. It can be accompanied by physical, verbal and/or psychological violence.

The different types of sexual violence:

- Forcing you to have sexual relations against your will
- Forcing you to do anything you don't want to do (watch porno movies, have sexual relations with multiple partners, refusing to wear a condom despite your asking him to do so, ...)
- Refusing sex as a form of punishment

## **4. PHYSICAL**

It is the most familiar form of violence and the easiest to identify, but it is sometimes downplayed when it does not leave any marks. It takes different shapes:

- Pushing you or forcefully restraining you
- Pulling your hair
- Grabbing you by the throat
- Hitting you

# The forms of conjugal violence

## **5. OTHER FORMS OF VIOLENCE**

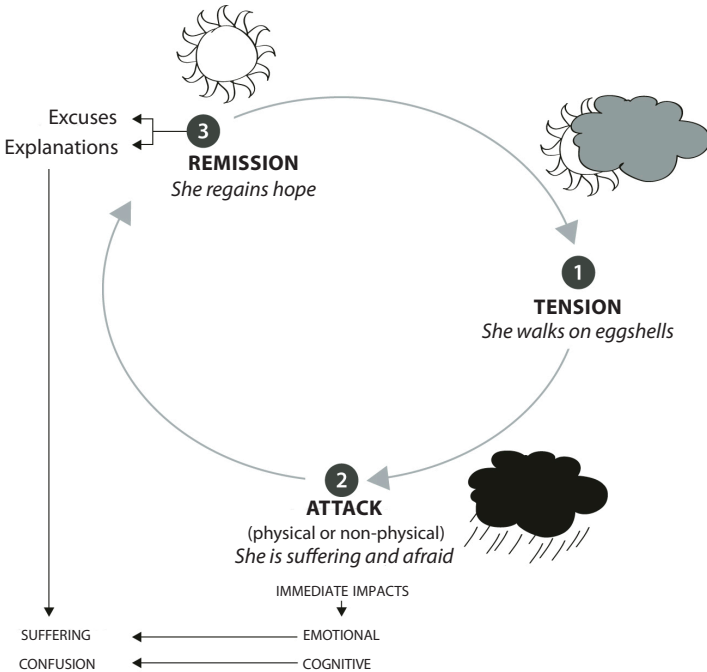
- Economic violence (controlling money, refusing to pay expenses for the couple)
- Judicial violence (blackmail or threats of reporting you to the police)
- Spiritual violence (forcing you to practice a religion, or preventing you from practicing your own religion)

## **SOME CONJUGAL AND FAMILY VIOLENCE BEHAVIOURS ARE VIOLATIONS OF THE CRIMINAL CODE OF CANADA:**

- Assault (pushing, hitting, grabbing you by the throat...) and threat of assault
- Death threats
- Attempted murder
- Murder
- Kidnapping / forcible confinement
- Sexual assault
- Criminal harassment (harassment by telephone)
- Misdemeanour (vandalism of your home, your car...)
- Abusive disciplining of children (physical mistreatment)

# The cycle of conjugal violence

There are three phases in the cycle of conjugal violence: tension build-up, attack and remission.



**We see the cycle repeating itself, with the violence worsening over time.**

Taken from the *Cycle de la violence conjugale* document drafted by the Comité Priorité Violence Conjugale

# The cycle of conjugal violence

## TENSION

Tension mounts, and the atmosphere becomes heavier and heavier. Attention is focused on the victim: no matter what she does, her partner is impatient and lets her know it. She feels that something is coming, she walks on eggshells, she is afraid. She tries to relieve the tension in all kinds of ways, without much success. This phase already features some instances of violent behaviour.

## ATTACK

The tension explodes in a “crisis” with violent behaviour that may be physical (slapping, beating, struggles...) or psychological (yelling, insults, threats...). The attack has an immediate effect on the woman, who feels a range of emotions (suffering, pain, sadness, anger, fear, shock, incomprehension, trembling, shortness of breath...) and a great deal of confusion (she doesn't understand what is happening or why, she asks herself what she has done wrong, she doesn't recognize her partner...).

## REMISSION

The situation calms down gradually after the attack. Some people refer to this as a honeymoon period. The violent partner sometimes apologizes, expresses regret or makes promises (to never do it again, to go into therapy, to go to detox), which reassures his partner. The woman regains hope, is motivated to “be more careful,” and the status quo settles within the couple. She feels better, and commits further to the relationship. She overlooks how serious the incident was and focuses on solutions.

# Conjugal violence and your relationship

Love is one of the strongest feelings you can have, and a very sought-after experience. A love relationship is often a place of warmth and exchange, openness and vulnerability. It is characterized by commitment and both partners' willingness to work on the relationship.

Unfortunately, conjugal violence can seep into a relationship. That makes it difficult for the relationship to bloom and last. Suffering violence at the hands of someone who should normally love and respect us is an upsetting and traumatising experience.

## **This gives rise to feelings that are often difficult to handle:**

- Powerlessness (the feeling that there is nothing that you can do, that there is no solution to your problems)
- Shame (for not having seen the signs of conjugal violence)
- Guilt (feeling responsible for the failure of the relationship and the partner's violence)
- Anger, resentment
- Ambivalence (love/hate, leaving/coming back)

It is normal to feel alone, to experience conflicting and confused feelings, to love the person and hate his behaviour at the same time. These feelings of ambivalence toward your spouse make it difficult to make a decision. This can be compounded by a lack of self-confidence, economic insecurity, fear of loneliness, anxiety, distress, sadness, fatigue, exhaustion, euphoria, feeling guilty about what the children are going through, etc.

During difficult times, it is normal to feel both physical and psychological stress. Do not hesitate to consult professional resources, see your doctor, or ask for support from the people close to you. The healthier you are, the better you will be able to handle the stress.

**Breaking the silence and solitude are important steps  
toward taking care of yourself.**

# Staying or leaving

Many women only see two alternatives. Between staying and suffering or leaving, the choices seem limited.

## **Regardless of whether you decide to stay or to leave, you can:**

- List the pros and cons of your relationship.
- Ask yourself about your doubts, your values, your definition of love and your fears.
- Think about the steps you can take to help improve the quality of your life.
- Learn to listen to your needs, emotions and intuition. Trust yourself!
- Ask for support from the people close to you and/or get professional help.

You can always press charges following an attack, even if you live with your partner. If you receive death threats or you or your children are injured, it is important to take such situations seriously.

## **1. YOU DECIDE TO STAY WITH YOUR PARTNER, OR GO BACK TO LIVE WITH HIM; WHAT DO YOU DO?**

Many women victims of violence leave home and return a number of times before they can put an end to the violence. Do not see these periods as failures. They can be an opportunity to express your expectations and demands to your partner. The people close to you may disapprove of the relationship, but the decision is up to you. That being said, it is important to make your safety and your children's safety the priority (see Emergency Kit on page 17 and Protection Scenario, page 18).

# Staying or leaving (continued)

## 2. YOU DECIDE TO LEAVE; WHAT DO YOU DO?

### **You may ask yourself a number of questions:**

- Do I have enough money?
- Am I entitled to social assistance?
- How can I hire a lawyer?
- Will I be able to fend for myself?
- What will happen to my children?
- Where will I live?
- Will I ever be safe?

Please know that there are many resources available to help you at home or after you leave. These services are free. There are also organizations that can help and support your partner. Please see the resource list on pages 23 to 26.

If a violent incident erupts, go to a friend's place, go stay with family, or go somewhere where your partner cannot reach you. There is a place you can go where you will receive full protection (maison d'hébergement pour femmes et enfants victimes de violence conjugale et familiale – shelter for women and children victims of conjugal and family violence). You can get information by contacting SOS Violence conjugale (SOS Conjugal Violence).

# Emergency kit

In a violent situation, you may have to leave your house quickly. Prepare a kit for leaving, in advance, and keep it hidden or leave it with someone you trust.

## **This emergency kit can contain:**

- Important papers (health insurance card, birth certificate, driver's license, social insurance card, passport, court order, custody order, lease, marriage certificate, credit cards, bank book, tax return, immigration documents, etc.)
- Clothing
- Your medication and prescriptions
- Copies of the house and car keys
- For each child, something he or she is attached to (stuffed animal, blanket)
- A list of important telephone numbers and emergency resources
- A bit of money for a taxi, to make telephone calls, etc. (you can also keep this money on you)

Make sure that you have a safe place to go when you leave home. Always take your children with you and make sure that their father knows they're safe.

**911**

SOS Violence conjugale  
(SOS Conjugal Violence)  
Montreal: 514-873-9010  
1-800-363-9010

# Protection scenario

1. Plan ahead for a safe place to go.
2. Check the house for quick exits (doors, windows), and avoid being backed into a room with no way out when tension is running high. In such situations, plan to go to a room where you can lock the door, stay safe and make a phone call, and leave by the window if necessary.
3. In an emergency, call 911. If you can't talk, leave the phone off the hook after you have called 911 and the police will be able to come to you. Attention: if you use a cell phone, you have to tell 911 where you are.
4. Ask friends or neighbours to call the police if they hear suspicious noises or screams coming from your home.
5. Set up a protection plan with your children (for example, a room where they can go to be safe and call 911 if needed).

**911**

SOS Violence conjugale  
(SOS Conjugal Violence)  
Montreal: 514-873-9010  
1-800-363-9010

# What about the children?

Separation and court proceedings are very stressful and anxiety-causing for everyone concerned. Both spouses and the children feel all sorts of emotions. It is important to uphold your rights and take legal measures to keep what belongs to you, but be careful not to use your children as a pretext for revenge.

## **HERE ARE SOME SUGGESTIONS:**

- Reassure your children, and tell them that they are not responsible for the situation. They need to feel loved, accepted and safe, and to know that they will not be abandoned.
- Listen to them. They may have ambivalent emotions, or they may be angry. Everyone has to go through an adaptation period.
- Refrain from speaking or acting aggressively or blaming their father in front of them; this would affect them.
- Give them age-appropriate information.
- Children who witness or are victims of violence experience constant stress and may tend to exhibit violent behaviour. Do not hesitate to set and explain limits. They must follow your rules when they are with you.
- Do not use them as confidantes; they are your children, and they need you as a parent. Stay in contact with the people you care about. If needed, don't hesitate to consult a professional.
- Encourage your children to have friends. They can also take part in neighbourhood activities.

**There's no such thing as a perfect mother.** You have the ability to improve your well-being and your children's well-being. You can meet their needs properly, even if you're alone. It is never too late to improve your relationship with your children if you want to. Research shows that most children who have been exposed to conjugal violence are able to find balance again after their parents have separated. There are resources available to support you as a mother.

# Pressing charges and going to court

## **THE ROLES OF THE POLICE OFFICER AND JUDGE**

Police officers intervene in an emergency situation to make the violence stop. They go to the site of the violence. If you or your children are in danger, threatened or the victims of a criminal act, the police officers will take the necessary measures to ensure your protection. For example, they may take you to a safe place, such as a shelter.

If you are the victim of a criminal act, the police officers will investigate and may arrest your partner if they have enough evidence and if the situation justifies arrest. If your partner is arrested, he will be taken to the police station. Depending on the charges against him, and whether you or your loved ones are in danger, the police will be able to keep him under arrest and bring him before a judge who will be in charge of deciding whether to release him. If you are hurt, the police officers will do what is necessary to get you medical care. Tell the police officers the truth: they are there to help you. Give as many details about the event as possible. For information about police procedures, contact the police station in your sector or the Côté Cour (legal information) organization.

## **WILL YOUR PARTNER BE CHARGED?**

Yes, if the Criminal Code has been violated, and if there is enough evidence (witnesses, recordings, e-mails, medical reports).

## **WHO IS RESPONSIBLE FOR PRESSING CHARGES?**

You can call the police during the crisis or after the crisis. It is, however, suggested that you do so as quickly as possible so that you don't forget any facts, and so that any physical marks can be entered into evidence. Once their investigation is completed, the police officers will press charges, if appropriate. This charge must also be approved by a prosecutor.

# Pressing charges and going to court (continued)

## **WHAT HAPPENS AFTER PRESSING CHARGES?**

1. Your partner will appear before a judge; the charges against him will be read to him, so that he can plead guilty or not guilty. If he pleads guilty at his appearance, the judge may impose his sentence immediately, or postpone sentencing to a later date. The judge or prosecutor may also decide to call you to court before sentencing. If your partner pleads not guilty, the case will be postponed. You may then receive a summons to act as a witness in court, if necessary. Do not hesitate to ask for legal advice.

2. Once your partner is arrested, if the police decide to keep him in custody, he will appear before the judge while in custody. In this situation, if he pleads not guilty, he may be released if he promises under recognizance to follow the conditions set by the judge. The judge may also rule that he must stay in custody until the trial, if the situation so justifies.

3. If you receive a summons for the trial, and the trial is postponed, you will be notified. If you want to know why, do not hesitate to contact the prosecution. The prosecution lawyer is the representative of the state. He is the lawyer who carries out legal proceedings for the prosecution in a court of law. He must present the court with all of the necessary evidence to find the defendant guilty of the offense for which he is being charged. Meet with the prosecution lawyer before the trial. Give him all of the facts linked to the case, and do not hesitate to contact him if you want information on the case. If you receive threats from your partner during court proceedings, call the police.

## **WHAT IS RECOGNIZANCE?**

It is a set of conditions that a judge imposes on a defendant who is released after appearing in court. The defendant must respect these conditions during the legal proceedings, until a final ruling is handed down. You can call the police if these conditions are not respected.

# Pressing charges and going to court (continued)

## **WHAT SENTENCE COULD YOUR PARTNER RECEIVE?**

The sentence will depend on the severity of the offence that he is being charged with, and on his criminal record, if he has one. The worse the crime and the longer the criminal record, the stiffer the sentence.

If your partner is found guilty of the offence for which he is charged, the judge may ask the probation department for a report, to get a better idea of the situation and make a more informed decision. If that happens, the person in charge of writing the report will contact you to get more details about what you are going through or have gone through with your partner. Your partner may receive a fine and/or a probation order. In other cases, he may be sentenced to time in prison, if various factors justify such a sentence. The prison sentence may come with a probation order.

A probation order is a set of conditions that the judge can impose on your partner for a period of 1 to 3 years.

### **Here are some examples of such conditions:**

- Refrain from contacting the victim or from bothering her directly or indirectly.
- Refrain from disturbing the peace.
- Refrain from going to your home, workplace and your children's school.
- Report to a probation officer. The probation officer is a professional who can provide information, assistance, advice and support to solve the problems that led to a conviction.
- Respect other reasonable conditions appropriate to the situation.

## **WHAT SHOULD YOU DO IF YOUR PARTNER DOES NOT OBEY CONDITIONS UNDER RECOGNIZANCE OR A PROBATION ORDER?**

If your partner violates a condition under recognizance or a probation order, call the police, who will investigate the situation and bring him in. Furthermore, under certain conditions, your partner could be arrested and kept in custody until he appears before the judge again.

## RESOURCES

### Emergency

#### **Keep the following telephone numbers close at hand:**

- POLICE or URGENCES SANTÉ (medical emergency): 911
- SOS Violence conjugale (SOS conjugal violence)  
*Twenty-four hour telephone line, referral service for shelters or the appropriate resource.*  
Montreal: 514-873-9010  
Regions: 1-800-363-9010
- INFO-SANTÉ (health information hotline): 811

#### **Important telephone numbers (checklist):**

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## RESOURCES

### Guidance for legal proceedings

**Aide juridique – (legal aid)  
Verdun**

*Free lawyer's services for low-income people*  
514-864-9437

**Services juridiques  
communautaires de Pointe-St-Charles et Petite Bourgogne**  
(community legal services)  
514-933-8432

**Côté cour (court assistance)**

*Professional assistance for victims of conjugal and family violence when it comes to court procedures*

- Palais de justice de Montréal (Montreal courthouse)  
514-868-9577
- Cour Municipale (municipal court) 514-861-0141

**Bureau des procureurs de la Poursuite (prosecutors' office)**

*Courthouse* 514-393-2703  
*Municipal court* 514-872-2964

**CAVAC Centre d'aide aux victimes d'actes criminels (Centre for assistance to victims of criminal acts)**

*This centre is also for victims of conjugal violence*  
514-277-9860

**IVAC Indemnisation des victimes d'actes criminels**

**(Compensation for victims of criminal acts)**  
514-906-3019  
1-800-561-4822

LEGAL CLINICS:

**Women's Y legal information clinic**

*30-minute consultation for \$5*  
514-866-9941, ext. 293

**Mc Gill legal information clinic**

*Free information service provided by law students*  
514-398-6792

**Inform'Elle**

*Free legal information over the phone*  
450-443-8221  
1-877-443-8221

**Centre des femmes de Montréal (Montreal Women's Centre)**

*Free legal information and support in court*  
514-842-4780

## RESOURCES

### Assistance and consultation resources

**Centre de santé et des services sociaux du Sud-Ouest-Verdun (Sud-Ouest-Verdun CSSS)**

*Verdun CLSC / Ville-Émard-Côte St-Paul  
CLSC 514-766-0546  
St-Henri CLSC 514-933-7541*

**Clinique communautaire de Pointe St-Charles (Pointe-St.-Charles Community Clinic)**

514-937-9251

**Urgences psychiatriques Hôpital Douglas (Douglas Hospital Psychiatric Emergency)**

514-761-6131, ext. 2222

**Centre Jeunesse de Montréal (signalements) (Montreal Youth Centre - reporting)**

514-896-3100

**L'Autre Maison (Verdun) Crisis centre**

514-768-7225

**Centre pour les victimes d'agressions sexuelles**

**(Centre for victims of sexual assault)**

*24-hour telephone hotline for women and men*

514-934-4504

**Suicide Action (Suicide crisis line)**

514-723-4000

**Tel Jeunes (Youth crisis line)**

514-288-2266

**Tel-Aide (Assistance crisis line)**

514-935-1101

**Gai Écoute (Gay crisis line)**

514-866 0103

**Groupe pour femmes victimes de violence conjugale (Group for women victims of conjugal violence)**

*St-Henri CLSC*

514-933-7541

**Groupe pour enfants (6-12 ans) exposés à la violence  
Group for children (age 6-12) exposed to violence**

*LaSalle CLSC*

514-364-2572, ext. 2360

**Group for children going through their parents' divorce (in English)**

*LaSalle CLSC*

514-364-2572, ext. 2278 or 2243

**Impact – Mental health support group**

514-939-3132

**Centrami – Mental health mutual support group**

514-761-1509

**Centre de référence du grand Montréal**

**Greater Montreal Referral Centre**

*Telephone information centre for all resources in the Greater Montreal area  
514-527-1375*

**Program to assist employees in your workplace**

## RESOURCES

### WOMEN

**Centre des femmes de Verdun  
(Verdun women's centre)**  
514-767-0384

**Madame Prend Congé –Pointe St-Charles Women's Centre**  
514-933-2507

**Amitié Soleil (Petite-Bourgogne)**  
514-937-5876

### FAMILIES

**Maison des familles de Verdun  
(Verdun family house)**  
514-762-3399

**Centre communautaire Dawson  
(Verdun)  
(Dawson Community Centre)**  
514-767-9967

**CASA CAFI Centre d'aide aux familles  
immigrantes (Verdun)  
(Immigrant Family Assistance Centre)**  
514-844-3340

**Station Famille (Ville Émard/Côte St-  
Paul) (Family station)**  
514-762-2525

**Famijeunes (St-Henri)  
(Families and Youth)**  
514-931-5115

**Centre Tyndale St-Georges (Petite-  
Bourgogne)  
(Tyndale St-Georges Centre)**  
514-931-6265

### MEN

**Services d'aide aux conjoints  
(Spouse assistance services)**  
*Intervention and referral for men  
experiencing conjugal difficulties  
(regardless of sexual orientation)*  
514-384-6296

**Entraide pour hommes  
(Mutual help for men)**  
*Telephone hotline and referral service,  
various mutual help and growth groups*  
514-355-8300

### RESOURCES FOR PARTNERS WITH VIOLENT BEHAVIOUR

**Option – Une alternative à la violence  
conjugale et familiale  
(An alternative to conjugal and  
family violence)**  
*Service for violent men/women*  
514-527-1657

**Pro-gam – Centre d'intervention et  
de recherche en violence conjugale  
et familial (Centre for conjugal and  
family violence intervention and  
research)**  
*Group therapy for men who admit that  
they have a problem with violence*  
514-270-8462

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