



CREATING A SAFETY PLAN

Developed by:



PCAWA

PEEL COMMITTEE AGAINST WOMAN ABUSE

July 2010

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We thank them for their strength and their wisdom.

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I. INTRODUCTION

This booklet was designed to provide women with strategies to increase their safety.

Whether you are living in an abusive relationship, thinking about leaving an abusive relationship, or have already left an abusive relationship, there are a number of ways in which you can increase your safety and that of your children.

Whenever the potential for violence is identified in a woman's life, it is important to develop a safety plan. Creating a safety plan involves identifying action steps to increase safety, and to prepare in advance for the possibility of further violence.

Since abusive situations and risk factors can change quickly, it is recommended that you become familiar with, and review and/or revise your safety plan regularly.

In creating a safety plan, it is important to remember that:

- You are not to blame for the abuse or for your children's exposure to it
- You are not responsible for your (ex) partner's abusive behaviour
- You cannot control your (ex) partner's violence, but it may be possible to increase your own safety as well as the safety of your children
- The safety of you and your children is always the most important thing
- You are not alone. There are resources available in the community to provide support in a number of ways (counselling, housing, financial assistance, etc.).

II. TAKING CARE OF YOURSELF

One of the most crucial, yet frequently overlooked, aspects of safety and safety-planning is taking care of yourself. This includes your physical, emotional and spiritual well-being. It is important to understand some of what you, as a woman who has experienced abuse, may be dealing with. You may be:

- ▶ experiencing ongoing abuse, threats of abuse, or surviving the impacts and trauma of past abuse
- ▶ fearful for your safety and your children's safety
- ▶ dealing with practical problems such as finding housing, financial support, and/or employment
- ▶ in the process of criminal and/or family law proceedings
- ▶ feeling isolated, alone, overwhelmed, helpless and/or hopeless
- ▶ feeling blamed for the abuse and/or your children's exposure to it
- ▶ fearful of being an outcast in your family or community
- ▶ fearful of losing your children because of their exposure to the abuse
- ▶ accused of being an unfit mother
- ▶ experiencing additional barriers such as racism, classism, heterosexism, ageism, ableism, language barriers, etc.

Trying to survive in or escape an abusive relationship can be exhausting and emotionally draining. There are a number of things you can do to help you cope in difficult times. These are just a few suggestions:

- ▶ **Always remember that safety – your own as well as the safety of your children – is what matters the most**
- ▶ If you have left the relationship, are feeling down and are considering returning to a potentially abusive situation, **call a friend, relative, counsellor, etc. for support**
- ▶ **Get connected to community resources.** There are lots of organizations that can help make your journey a little easier and can assist in navigating the way to services and supports that will meet your needs
- ▶ When you have to communicate with your (ex) partner, in person or by telephone, **arrange to have a trusted and supportive friend/relative present**
- ▶ **Attend as many counselling sessions as you can**
- ▶ **Become involved in community activities** to reduce feeling isolated
- ▶ **Take steps to improve your finances** (e.g. consider a part-time job or applying for social assistance, upgrade your skills, etc.)
- ▶ **Join women’s groups** to gain support and strengthen your relationships with other people
- ▶ **Take time for yourself** (read, meditate, play music, etc.)
- ▶ **Fulfill your spiritual needs** in whatever way is appropriate for you
- ▶ **Give yourself permission to feel angry.** Find constructive ways to express it

- ▶ **Spend time with people** who make you feel good and are supportive
- ▶ **Take part in social activities** (e.g. programs at your local community or Early Years centre, dinner with friends, etc.)
- ▶ **Try to get adequate sleep and rest**
- ▶ **Eat regular healthy balanced meals**
- ▶ **Write or talk about your feelings**, especially when you are feeling low or vulnerable
- ▶ **Take time to prepare yourself emotionally** before entering stressful situations like talking with your partner, meeting with lawyers, or attending court, etc.
- ▶ **Try not to overbook yourself** - limit yourself to one appointment per day to reduce stress. Write down the dates, times, and locations of your appointments
- ▶ **Be creative** and do whatever makes you feel good
- ▶ **Focus on your strengths**
- ▶ **Stay active.** It will boost your energy levels and increase your overall sense of well being
- ▶ **Remember that you are the most important person to take care of right now.**

III.

AN EMERGENCY ESCAPE PLAN

The Emergency Escape Plan focuses on the things you can do in advance to be better prepared in case you have to leave an abusive situation very quickly.

The following is a list of items you should try to set aside and hide in a safe place (e.g. at a friend or family member's home, with your lawyer, in a safety deposit box):

A) Make a photocopy of the following items and store in a safe place, away from the originals. Hide the originals someplace else, if you can.

- Passports, birth certificates, Indian/First Nations status cards, citizenship papers, immigration papers, permanent resident or citizenship cards, etc. for all family members
- Driver's license, registration, insurance papers
- Prescriptions, medical and vaccination records for all family members
- School records
- All social assistance (Ontario Works, Ontario Disability Support Plan) documentation
- Work permits
- Marriage certificate, divorce papers, custody documentation, court orders, restraining orders, or other legal documents

- Lease/rental agreement, house deed, mortgage payment book
- Bank books
- Address/telephone book
- Picture of spouse/partner
- Health cards for yourself and family members
- All cards you normally use e.g. credit cards, bank cards, phone card, Social Insurance Number (SIN) card

B) Try to keep all the cards you normally use in your wallet:

- Social Insurance Number (SIN) card
- Credit cards
- Phone card
- Bank cards
- Health cards

C) Try to keep your wallet and purse handy, and containing the following:

- Keys for your home, car, workplace, safety deposit box, etc.
- Cheque book, bank books/statements
- Driver's license, registration, insurance
- Address/telephone book
- Picture of spouse/partner
- Emergency money (in cash) hidden away
- Cell phone

D) Keep the following items handy, so you can grab them quickly:

- Emergency suitcase containing immediate needs or a suitcase that you can pack quickly
- Special toys and/or comforts for your children
- Medications
- Jewelry and small saleable objects
- Items of special sentimental value
- A list of other items you would like to take if you get a chance to return to your home to collect more belongings later

E) Other Considerations:

- Open a bank account in your own name and arrange that no bank statements or other calls be made to you. Or, arrange that mail be sent to a trusted friend or family member.
- Save and set aside as much money as you can (e.g. a bit of change out of grocery-money if/when possible). Locate your local food bank so you can save money on groceries.
- In a place you can get to quickly, set aside \$20 to \$30 for cab fare, and quarters for a pay phone.
- Hide extra clothing, keys, money, etc. at a friend/family member's house.
- Plan your emergency exits, taking into consideration mobility and accessibility concerns, as well as appropriate modes of transportation and how to arrange it (e.g. taxi, bus, TransHelp, Wheel-Trans, etc.).
- Plan and rehearse the steps you will take if you have to leave quickly, and learn them well.
- Keep an emergency suitcase packed or handy/ready to pack quickly.
- Consider getting a safety deposit box at a bank that your partner does not go to.

F) When Dialing 911:

- Remember that there is no charge when dialing 911 from a pay phone. The call is also free from cell phones.
- For TTY access (telephone device for the deaf) press the spacebar announcer key repeatedly until a response is received.
- If you do not speak English, tell the call-taker the name of the language you speak. Stay on the line while you are connected to interpreter services that will provide assistance in your language.
- Try to remain on the line until the call-taker tells you it is okay to hang-up.

G) Additional Notes:

- When you leave your home, take the children if you can. If you try to get them later, the police cannot help you remove them from their other parent unless you have a valid court order.
- If you have left your home, the police can escort you back to the home later to remove additional personal belongings, if it is arranged through the local police division. At this time, you can take the items listed above as well as anything else that is important to you or your children.
- When the police are called to respond to an incident in your home, there is a chance that you may be charged. This often occurs if the perpetrator claims you have assaulted him/her, even if you acted in self-defense.
- Police involvement can result in arrest, detainment and/or deportation if you are a woman without legal status in Canada.
- Police involvement will result in the involvement of Child Protection Services (e.g., Children's Aid Society).

IV.

CREATING A SAFER ENVIRONMENT

There are many things a woman can do to increase her safety. It may not be possible to do everything at once, but safety measures can be added step-by-step over time. Here are a few suggestions:

A) AT HOME

If you are living with your abusive partner:

- Get your Emergency Escape Plan in order and review it often.
- Create a list of telephone numbers including local police, nearest women's shelter, Assaulted Women's Help Line, family members, friends, counsellors, children's friends, etc.
- Make arrangements with friends or family so that you can stay with them if necessary.
- Notice what triggers your partner's violence and abuse. This can help you try to predict the next likely incident and give you a chance to prepare (i.e. by making plans for the children to be sent to friends/family in advance).
- If you have call display on your phone, be careful about who can get access to stored numbers such as the last number you dialed or received a call from.
- Check your vehicle for a Global Positioning System (GPS) which your abuser may have installed in or under your car to track your movements.

- Teach your children to use the telephone (and cell phone, if you have one) to contact the police and the fire department.
- Teach your children how to make a collect call to you and to a special friend if your partner takes the children.
- Create a code word with your children and/or family/friends so they know when to call for help.
- Plan your emergency exits and teach them to your children.
- Teach your children their own Safety Plan (See page 16).
- Consider a plan for the safety and wellbeing of your pet(s) such as making arrangements with friends or family to care for them if need be.
- Be aware of any weapons in the home or your partner's access to weapons
- For women in long-term care facilities, your caregiver may be the abuser. Try to notify your family, friends, or workers/counsellors.
- When using the computer, be aware that your abuser may track the websites you have visited. For information on hiding your tracks, see Appendix A (page 20)

If you are not living with your abusive partner:

- Instruct those who know of your whereabouts to tell your abusive partner, if asked, that they do not know where you are or how to contact you.
- Change the locks on the doors, windows, garage and mailbox. Install a peephole in the door that your children can see through as well. If possible, install an alarm system.
- Keep doors and windows locked at all times.
- Have a pre-recorded anonymous message on your telephone answering service rather than your own voice and do not identify yourself by name.
- If possible, trade in your car for a different make and model.

- Check your car for a Global Positioning System (GPS) which your abuser may have installed in or under your car to track your movements.
- Teach your children to tell you if someone is at the door and to not answer the door themselves.
- Carry a cell phone and a personal alarm.
- If the police charge the abuser, find out if he/she will be held in custody or released. You can provide input into release conditions to the investigating officer. Ask for a copy of the conditions of his/her release.
- Keep a copy of your protection order near you at all times. Give a copy to the OPP Detachment/ Police Service in the community where you live, work and visit. Inform your friends, colleagues, family that you have a protection order in place.
- If your protection order is destroyed or lost, you can obtain another copy from the Victim Witness Assistance Program, who can also assist you in preparing for court.
- If your partner violates the protection order or is threatening you in any way, immediately call the police to report the violation. Key things to identify to the police are whether there has been a pattern of abuse, whether your partner owns weapons or has access to them, your partner's use of drugs/alcohol, and any concerns in regards to mental health or significant stress (i.e. related to recent job loss or life changes, etc.) If the police do not assist you, you can report the violation to the detachment commander of the local OPP or to the Chief of Police of the Police Service in the jurisdiction where the violation occurred.
- Make sure that the school, day care, and police have a copy of all court orders, including restraining orders, custody and access orders, as well as a picture of the abusive partner.

- Request the police to put a “premise history” on your address on file. This will provide additional information and security for officers responding to your call and alert them of a potentially hazardous history at the location.
- Notice what triggers your partner’s violence and abuse. This can help you predict the next likely violent incident and give you a chance to prepare.
- If you have call display on your phone, be careful about who can get access to the stored numbers (e.g. last number dialed).
- Have your telephone number unpublished, as it is harder to track than when it is unlisted. You can block your number when calling out by dialing *67 before the number you are calling. Dialing *69 will trace the last call you received, although this service may include a cost.
- Consider getting a cell phone and preprogram numbers of people to call.
- Contact your local support counsellor or Victim Services to inquire about your eligibility for the Supportlink / D.V.E.R.S. emergency response system program.
- Consider moving your furniture around differently as this is something your partner may not anticipate, and cause him/her to bump into it and give you warning that he/she is in the house.
- Put your kitchen utensils and knife block in the cupboards so they are not as easily accessible.
- If you live in an apartment, check the floor clearly when getting off the elevator. Look in mirrors when turning corners in hallways and be aware of doorways in hallways. Speak to security, or make an anonymous call, to request increased safety measures in your building.
- Replace wooden doors with steel/metal doors if possible.
- Install smoke detectors and fire extinguishers for each floor.

- Consider the advantages of getting a dog that barks when someone approaches your house, or get a “Beware of Dog” sign.
- Install a lighting system outside your home that lights up when a person is coming close to your house.
- Do whatever you can to increase security, including additional locks, window bars, poles to wedge against doors, an electronic system, etc., and keep trees and bushes trimmed – anything to provide added security.
- Electronic security measures when using the computer may also be helpful including changing your passwords, creating new email addresses for yourself and your children, blocking unwanted emails and/or senders, etc.
- If you agree to see your partner, meet in a public place and limit your isolation. Make sure someone knows where you are and when to expect you to return.
- If your abusive partner has legal access to your children, talk to a lawyer about getting supervised access or having access denied.
- If your abuser has visitations with your children, arrange for transportation for your children so that you do not have to have contact with the abuser.

B) IN THE NEIGHBOURHOOD

- Tell your neighbours that you would like them to call the police if they hear a fight or screaming in your home.
- Tell people who take care of your children, including schools and daycares, which people have permission to pick up your children.
- Tell the school, daycare, babysitter, and people who have permission to pick up your children that your (ex) partner is not permitted to do so and ask that they not give your contact information to anyone.
- Tell people in your neighbourhood that your partner no longer lives with you, and they should call the police if he/she is seen near your home. You may wish to give them a photo and description of him/her and of his/her car.
- Ask your neighbours to look after your children in an emergency.
- Hide clothing and your Emergency Escape Plan items at a neighbour's house.
- Use different grocery stores and shopping malls, and shop at hours that are different from when you were living with your abusive partner.
- Use a different bank or branch, and take care of your banking at hours different from those you used with your abusive partner, or take care of your banking online.
- If possible, change your doctor, dentist and other professional services you would normally use.
- Do not put your name in your apartment building directory or mailbox.

C) AT WORK

Each woman must decide for herself if and/or when she will tell others that her partner is abusive and that she may be at risk. Friends, family and co-workers may be able to help protect you. However, each woman should consider carefully which people to ask for help. If you are comfortable, you may choose to do any or all of the following:

- Show a picture of your (ex) partner and provide a description of his/her car to colleagues, neighbours, and building security personnel to make them aware and alert to your safety needs.
- Tell your boss, the security supervisor, and other key people or friends at work about your situation, and ask that they refrain from giving anyone personal information about you.
- Ask to have your calls screened at work or use voicemail to screen your calls. Document any unwanted calls from your abuser.
- Discuss the possibility of having your employer call the police if you are in danger from your (ex) partner.
- Block unwanted emails or send them to a folder where you do not have to read them.



When arriving at or leaving work:

- Let someone know when you'll be home and when to expect you to arrive at work, and that you will call them when you have safely arrived.
- Carry your keys in your hands.
- Get a remote or keyless-entry car door opener.
- Walk with someone to your car.
- Scan the parking lot.
- Walk around your car, look under the hood to check if anything has been tampered with and check your brakes. Remember to keep your car seats forward so you know if someone is hiding in the car. When parking, reverse the car into the parking spot or driveway to make a quick exit if necessary.
- If your partner is following you, drive to a place where there are people to support you, e.g. police station.
- If problems occur while you are driving, use your cell phone, honk your horn continuously, and drive directly to a well-lit, open, populated place or directly to a police station/ OPP detachment.
- If you have underground parking, consider parking somewhere else as underground parking lots can be dark and secluded.
- Keep a sign in your car saying "call police".
- If you are walking, take a route that is populated and well-lit.
- Change the patterns of when you arrive and leave work and the routes you take.
- If you see your partner on the street, try to get to a public place such as a store or call attention to yourself and request help.
- If you use public transit, sit close to the front near the driver and have someone you know meet you at the bus stop to walk home with you.
- Once you have arrived home/at work, call a friend or relative to let them know you have arrived safely.

V.

DURING A VIOLENT INCIDENT

The following is intended for anticipating an escape from violence in the home. Here are a few tips:

- ▶ **Remind yourself that you have an **Emergency Escape Plan**, and go over it in your mind.**
- ▶ **Start to position yourself to get out quickly or near a phone so you can call 911, if necessary.**
- ▶ **Try to move to a space where the risk is the lowest.** Try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to an outside door.
- ▶ **Make as much noise as possible** (set off the fire alarm, yell "FIRE", break things, turn up the stereo or TV) – so that neighbours may call the police for you.
- ▶ **Use your code word with your children** so they can call for help.
- ▶ **Use your judgment and intuition.** If verbal self-defense is a possibility, you may consider pretending to agree with your partner or giving him/her what he/she wants in order to calm him/her down so that you can buy yourself time to escape. You have to protect yourself until you are out of danger.

- ▶ During or after an assault, **call the police at 911 if you can**. Tell them you have been assaulted and that it is an emergency. Leave the phone off the hook after your call.
- ▶ **Once you are in a safe place, have a friend/family member take photographs of any injuries you sustained during the assault**. This can also be done at the hospital if you choose to seek medical attention.
- ▶ **Take photographs of damaged clothing and/or property** to be used as evidence.
- ▶ **If you have been sexually assaulted, and if you choose to seek medical assistance, don't bath or shower**. Go directly to a hospital where a trained professional will examine you and be able to collect evidence. Keep the clothes you were wearing during the assault (don't wash them) and provide them to the investigating officer for use as evidence if you choose to pursue charges against your abuser.

VI.

A CHILD'S SAFETY PLAN

This plan was developed to help mothers teach their children some basic safety planning.

It is based on the belief that the most important thing that children can do for their mothers and their families is to get away from the area of violence. Although children often try to stop the violence by distracting the abuser or directly interfering in the abusive episode. It is important to tell children that the best and most important thing for them to do is to keep themselves safe.

Children who are exposed to woman abuse can be profoundly affected. It is very traumatic for them to be faced with violence directed at them or at someone they love. Personal safety and safety planning are extremely important and necessary for children whose families are experiencing violence. Children should learn ways to protect themselves. Tell your children that their only job is to keep themselves safe.

There are several ways to help you develop a safety plan with your children:

- ▶ **Have your child pick a safe room/place in the house**, preferably with a lock on the door and a phone. The first step of any plan is for the children to get out of the room where the abuse is occurring.
- ▶ **Stress the importance of being safe**, and that it is not the child's responsibility to make sure that his/her mother is safe.
- ▶ **Create a code word** to use with your children so that they know when to run to safety and to call for help.
- ▶ **Teach your children how to call for help.** It is important that children know they should not use a phone that is in view of the abuser. This puts them at risk. Talk to your children

about using a neighbour's phone or a pay phone if they are unable to use a phone at home. Remember that there is no cost when dialing 911 from a pay phone or cell phone.

- ▶ **If you have a cell phone, teach your children how to use it.**
- ▶ Teach them how to **contact the police by dialing 911.**
- ▶ **Ensure that the children know their full name and address** (rural children need to know their Concession and Lot #).
- ▶ **Rehearse what your child/children will say** when they call for help.

For example:

Dial 911.

An operator will answer and say: "Police, Fire, Ambulance."

Your child should say: Police.

Then your child should say:

My name is _____.

I need help. Send the police.

Someone is hurting my mom.

The address here is _____.

The phone number here is _____.

- ▶ **It is important for children to leave the phone off the hook after they are done talking.** The police may call the number back if they hang up, which could create a dangerous situation for yourself and your children.
- ▶ **Pick a safe place to meet your children,** out of the home, so you can easily find each other after the situation is safe.
- ▶ **Teach your children the safest route** for them to take to the planned place of safety.
- ▶ **Practice and role-play this safety-plan with your children** including what to do and where to go if something scary or violent happens.

VII.

APPENDIX A – TRACKING WEBSITE ACTIVITY

Be aware that someone who has access to your computer may be able to see what websites you have visited, or read your email messages.

There are steps you can take to make it more difficult for someone to track your activities, however, your abuser may still find ways of tracking your activities on your home computer that are difficult to prevent. If your abuser knows a lot about computers, it might be better for you to use a computer outside the home - at a library, school, internet café, at work or at a friend's house.

- ▶ **There are a few easy ways for someone to find out what websites you have visited.** Computers have what is called a *cache file*. The cache (pronounced "cash") automatically saves web pages and graphics. Anyone who looks at the cache file on your computer can see what information you have viewed recently on the internet. Also, most web browsers (the software on your computer that lets you search the internet and display internet pages - like Internet Explorer and Netscape) keep a list of the most recent web sites and links that you have visited in a history file. You can look at your own history by clicking on the history button on your toolbar (the bar at the top of your screen).
- ▶ **While it is possible to clear the cache and history files so that your computer doesn't keep a list of the sites you have visited, YOU SHOULD BE VERY CAUTIOUS ABOUT DOING THIS.** If your abuser is comfortable with computers and sees that you have cleared all the cache and history files on your computer (including the sites he/she has visited), he/she could become suspicious or angry. If that is a possibility, it would be better for you to use a computer that he/she cannot access - for example, at a library, school, internet café, a friend's house, or at work.

If you do decide to clear your browser history, instructions for doing so are listed below: ¹

If you are using Internet Explorer:

1. From the TOOLS menu at the top of the screen, click "Internet Options"
2. Click the "General" tab in the small pop-up screen that appears.
3. From the Temporary Internet Files section, click the button "Delete Files"
4. From the History Section, click the button "Clear History"
5. Click "OK"

If you are using Netscape:

1. From the EDIT menu at the top of the screen, click "Preferences"
2. A small screen will pop up. From the History section, click "Clear History"
3. Click "OK"

If you are using AOL:

1. Click the "MY AOL" icon on the toolbar
2. Select "Preferences"
3. Click the "WWW" button
4. From the pop-up menu, click the "Delete Files" in the Temporary Internet Files Section
5. In the History section of the same pop-up menu, click "Clear History"

For more detailed instructions to help you hide your internet activities, visit Shelternet.ca

Your abuser may have ways of tracking your activities on your home computer that are difficult to prevent.

If you are concerned about the safety of using your home computer, if possible, use a computer at a public library, a school, an internet café, or at the home of a trusted friend.

¹Assaulted Women's Helpline - <http://www.awhl.org/security.htm>

VIII.

RESOURCES FOR WOMEN IN CRISIS IN PEEL

(Free of cost and available 24 hours/day, 7 days/week

All areas codes are 905, unless otherwise listed)

POLICE

Peel Regional Police

Emergency	911
Non-Emergency	453-3311

Caledon OPP	1 (888) 310-1122
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Trillium Health Centre - Sexual Assault & Domestic Violence Services (Document and treat injuries sustained as a result of domestic violence)	848-7600
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24 HOUR CRISIS LINES

Assaulted Women's Helpline (www.awhl.org) (TTY)	1 (866) 863-0511 1 (866) 863-7868
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Caledon/Dufferin Victim Services	905-951-3838 or 1-888-743-6496
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Family Transition Place	1-800-265-9178
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Interim Place South	403-0864
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Interim Place North	676-8515
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Salvation Army Family Life Resource Centre	451-6108
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Sexual Assault / Rape Crisis Centre of Peel	273-9442
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Sexual Assault / Rape Crisis Centre – Caledon	1-800-810-0180
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Victim Services of Peel	568-1068
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SHELTERS

Central Intake Number	416-397-5637
Family Transition Place (Orangeville)	1-800-265-9178
Interim Place South	403-0864
Interim Place North	676-8515
Salvation Army Family Life Resource Centre	451-4115
Armagh (Second Stage Housing)	855-0299

FINANCIAL ASSISTANCE

Ontario Works / Social Assistance	793-9200
Peel Housing	453-1300
Salvation Army Homelessness Prevention Program	451-8840

LEGAL SERVICES

North Peel & Dufferin Community Legal Services	455-0160
Mississauga Community Legal Services	896-2052
Legal Aid Ontario	453-1723
Peel Victim Witness Assistance Program (Criminal Court Support Services)	456-4797
India Rainbow Community Services of Peel (Legal Clinic)	275-2369
Victim Services of Peel (Criminal Court Support at Bail Hearing)	568-1068

SUPPORT SERVICES FOR WOMEN

African Community Services	460-9514
Catholic Cross-Cultural Services	
Brampton	757-7740
Mississauga	273-4140
Catholic Family Services of Peel-Dufferin	
Brampton	450-1608
Mississauga	897-1644
Family Services of Peel	
Centralized Intake	453-5775
Brampton	453-7890
Mississauga	270-2250
India Rainbow Community Services of Peel	
Brampton	454-2598
Mississauga	275-2369
Muslim Community Services	
Brampton	790-1910
Mississauga	828-1328
Punjabi Community Health Centre	
Brampton	416-995-3920
Mississauga	273-4884 ext.222
Salvation Army Women's Counselling Centre	820-8984
United Achievers Community Services	455-6789
Vita Centre of Peel	858-0329

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The Salvation Army Foodbank	
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