

Resources

ONTARIO NATIVE WOMEN'S ASSOCIATION

- <https://www.onwa.ca>

NAN HOPE - NISHNAWBE ASKI MENTAL HEALTH AND ADDICTIONS PANDEMIC RESPONSE PROGRAM

- <https://www.nanhope.ca>
- Online Referral Form
- 1-844-626-4673 (1-844-NAN-HOPE)

NORTHWIND FAMILY MINISTRIES

- <https://www.northwindfm.org>
- 807-631-7592

CANADIAN CENTRE FOR CHILD PROTECTION INC.

- 1-800-668-6868
- <https://protectchildren.ca/>
- Supporting you through COVID-19:
<https://protectchildren.ca/en/resources-research/supporting-you-through-covid-19/>

ONE IS TOO MANY

- <http://www.1istoomany.ca/>

TALK 4 HEALING

- 1-855-554-HEAL (4325)
- <https://www.talk4healing.com>

myPlan APP

- Available for IOS, Android and Web Browser
- <https://www.myplanapp.org>

SAFETY PLANNING WITH CHILDREN AND YOUTH TOOLKIT

- <https://www2.gov.bc.ca/assets/gov/law-crime-and-justice/criminal-justice/victims-of-crime/vs-info-for-professionals/training/child-youth-safety-toolkit.pdf>

CONTACT US

If you require assistance navigating the legal system or support in the way of dealing with a domestic dispute or a sexual violation let us assist.

E-Mail

sasp@naps.ca

Northwest Region - Survivor Service Worker

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Cell: (807) 738-6063

Central Region – Social Service Worker

Brittany.EISENBACH@naps.ca
Cell: (807) 620-1491

Northeast Region – Social Service Worker

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NAPS Headquarters – Detective Sergeant

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Survivor Assistance Support Program



Safety Plan – Planning to Leave



Safety Plan Checklist

It is important to have everything you need easily accessible or prepacked and ready to go if you need to leave immediately, keep these items in a safe place such as a trusted family member or friend's home. Having a safety plan in place for you and your child(ren) will result in better protection for you and your child(ren).

Have originals and photocopy all important documents for you and your child(ren), keep photocopies in a safe place and originals elsewhere if possible.

- Identification – birth certificate, health cards, status cards, passports, social insurance numbers, driver's license, Ontario photo card
- Medical – medications, prescriptions, medical records, school and vaccination records
- Court orders – custody agreements, marriage certificate, divorce papers, restraining orders
- Financial Items – Cash, Debit cards, credit cards, rental agreement, mortgage agreement, bank books
- Picture of child(ren) / partner / spouse

Keep items you usually use on a daily basis in your wallet/purse

- Cash, Debit cards, credit cards
- Health cards, Status cards, Driver's license, Ontario photo card, Social Insurance cards
- Vehicle/house/work keys
- Electronics

Have a bag prepacked or have items you may need in a place where you can grab them quickly.

- Bag with immediate needs for you and your child(ren)
- Child(ren) comfort such as special toys, blanket, pacifier

- Items of sentimental value
- A list of items you would like to grab if you have a chance to go back to your home later

Safety Plan Checklist for Planning to Leave (Non-Emergency)

For non-emergencies and you are planning to leave *the one who has caused harm*, here are some tips on how to go about:

- Ensure you have everything on the safety plan checklist, stored somewhere safe
- Let someone you trust know about the harm and assist you in making plans to leave
- Do your research on shelters, financial aid, legal advice on your rights
- Consider contacting the police, speak with an officer who specializes in domestic violence crimes
- After researching, clear your computer and/or phone web browsers history/cookies/cache and the last numbers you have called on your phone
- Keep any evidence of physical, verbal abuse such as photos, screenshots of text messages, threats, consider journaling each event, keeping notes with dates, and any witnesses.
- If you have pets, ask someone you trust to care for them until you are settled somewhere safe
- **Please notify Police to ensure they do NOT tell your partner that you are leaving**
- Do not tell your partner you are leaving and have a friend or police officer escort you.
- Have a back-up plan if your partner finds out where you are going
- Take your child(ren) with you, **if you try to go back for them, police CANNOT remove them from the other parent without a valid court order signed and directed by a judge**

Safety Plan for Children

Violence in the home can be a very traumatic experience for children, children need a safe environment to thrive, developing a safety plan for your child(ren) will ensure they get out of the home safely and quickly. Remind your child(ren) that it is never okay to physically, verbally, emotionally and mentally *harm* your partner/spouse or anyone else and that it is never okay for someone to harm them. Also let them know that it is not their fault and not to intervene in attempts to protect you and that the most important thing for them to do is to keep safe and follow their safety plan.

- First step of any safety plan, get child(ren) out of room where the *harm* is occurring
- Have child(ren) picks a safe room in house preferably with a lock and phone
- create a code word for them to understand when they need to go into that safe space and call for help
- Teach your children not to intervene to protect you
- Teach your child(ren) to use a phone so they can dial 911 or local police station when they escape, they can go to a neighbour to call or have it preprogrammed on a mobile phone or home phone
- Teach your child(ren) what to say on the phone, for example, their name, how old they are, their address, that they need help from the police because someone is hurting mom/dad