

## 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](mailto:sasp@naps.ca)

### Northwest Region - Survivor Service Worker

Marie.ROUNDHEAD@naps.ca  
Cell: (807) 738-6063

### Central Region – Social Service Worker

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

### Northeast Region – Social Service Worker

Madelaine.KIOKE@naps.ca  
Cell: (705) 852-0070

### NAPS Headquarters – Detective Sergeant

Alana.MORRISON@naps.ca  
Cell: (807) 629 6505



# Survivor Assistance Support Program



*Safety Plan – Emergency Escape Plan*

## 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

## Emergency Escape Plan

In emergencies, it is important to have an escape plan for you and your child(ren) where you and your child(ren) can get out quickly and safely.

- Have a plan to get out of your home safely and rehearse it with your child(ren)
- Have your safety plan checklist easily accessible or ready at a trusted family member or friend's home
- Have a bag prepacked with immediate needs or have a bag ready to pack with items easily accessible to pack quickly
- Plan where you are going to go to call for help (i.e. neighbours house)
- If the situation starts becoming dangerous, go to a room where there are windows, doors and away from your child(ren), use your instinct and judgement to keep yourself safe
- Develop safety plan for children and rehearse it

## 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 do it to 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 *harm* is occurring
- Have child(ren) pick 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) 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