

Milton and Area Community Sponsors

To Become a Community Sponsor, please contact Fiona at 905-878-2341, ext 217 or email frudder@miltoncanadianchampion.com

White Ribbon Campaign Month

This message has been brought to you by The Canadian Champion and these community minded business

Milton Transmission Inc.

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Sexual Assault & Violence Intervention Services of Halton

Locations in Milton, Burlington and Oakville

Free anti-violence/safety presentations, counselling, information and referrals.

24 hour support line: 905-875-1555
Office: 905-825-3622 www.savisofhalton.org
Texting cell phone for the Deaf community: 905-691-4873

SAVIS
Sexual Assault & Violence Intervention Services of Halton

(MC) Domestic violence comes in many forms, including physical, emotional and verbal abuse. Many victims of domestic violence are battered into secrecy or are embarrassed that they are being abused and do not share their experiences with others. Others might not even realize that what they are experiencing constitutes abuse. But there are some signs of domestic violence that can be observed, and a third party may be able to intervene.

- A partner who harbors unrealistic expectations: Experts say that those who engage in domestic violence are generally perfectionists and expect those around them to reach unattainable goals and their own perfection. Violence may result when things do not go off without a hitch.

- A partner who is controlling: When a person insists their victim account for all of his or her time, the relationship may eventually turn abusive. This behavior generally stems from feelings of insecurity and poor self-esteem on the part of the abusive individual, which is then projected to the partner in terms of abusive words or distrust.

- Escalating threats: In many cases, domestic violence begins with verbal assaults that may develop into physical threats. Whether the abuse is verbal or physical, it can have profound and long-lasting effects on the victim. For those who observe a person continually brow-beating a spouse or talking badly about him or her, this may be an indication of an abusive relationship.

- A partner with a noticeable temper: Sometimes a temper goes hand-in-hand with domestic violence. An individual with a short fuse and a propensity for lashing out with minimal patience in areas outside of his or her relationship may be equally short-fused in the relationship.

- A partner who limits access to money, belongings or the car: You may notice your friend or family member continually having to ask permission to use the car or visit with people. Some friends complain about not having access to the checkbook or being kept on a strict budget. While the circumstances do not always indicate a case of domestic violence, they may be warning signs that something is not right.

- Hidden bruises or excuses for injuries: If someone you know is trying to downplay frequent injuries, it may be a red flag.

- Conflict avoidance: Usually those who are in abusive relationships try to avoid conflict and rarely speak up or voice their own opinions.

- Personality changes: Withdrawal, inability or not wanting to meet up with friends, loss of enthusiasm, or any other personality changes may be indicative of someone that is being abused.

Domestic violence is something that takes many forms and is often hidden. But there may be some warning signs that can be observed through an outside party.

Halton Women's Place, Savis (Sexual Assault & Violence Intervention Services of Halton) and New Leaf Psychology can be contacted for more information and help. See contact information on this page.

White Ribbon is the world's largest movement of men and boys working to end violence against women and girls, promote gender equity, healthy relationships and a new vision of masculinity.

Starting in 1991, they asked men to wear white ribbons as a pledge to never commit, condone or remain silent about violence against women and girls. Since then the White Ribbon has spread to over 60 countries around the world. www.whiteribbon.ca

WE BELIEVE IN MEN

BUT THE IDEA OF MEN HAS BEEN DISTORTED. LIMITED TO ONE-DIMENSIONAL STEREOTYPES THAT DIMINISH OUR POTENTIAL AND RESTRICT OUR CONTRIBUTIONS TO A HEALTHY SOCIETY.

GENTLEMEN IT'S TIME
TIME TO WRITE A
NEW CODE
/OF/
MANHOOD.

A CODE AS COMPLEX AND DIVERSE AS MEN

ONE THAT DOESN'T CONFINE US TO LABELS LIKE JOCK, NERD, HERO, CLUELESS HUSBAND OR STRONG SILENT TYPE.

THAT CELEBRATES STRENGTH BUT SEES WEAKNESS IN USING IT FOR HARM.

WE BELIEVE IN MEN. LET'S SHOW THE WORLD WHAT IT MEANS TO BE ONE.

BE A MAN

THAT FREES US TO EXPRESS ALL EMOTIONS. THAT DEMANDS EQUALITY FOR ALL AND INSPIRES US TO PLAY A POWERFUL, POSITIVE ROLE IN THE WORLD.

THAT ENCOURAGES SELF-RESPECT AS THE FIRST STEP IN RESPECTING OTHERS.

www.whiteribbon.ca

A Child's Holiday Wish List

1. Stop Daddy from yelling and hitting Mommy all the time.

2. No more bruises or tears.

3. Help my family feel safe again.

This coming holiday season, not every child will wish for the same things.

November is Woman Abuse Prevention Month. One out of every four women will be abused at some point in her life.

Halton Women's Place needs your help to close the door on abuse.



Halton Women's Place

For more information, please call 905-332-1200 ext.221 or visit www.haltonwomensplace.com

Crisis Line: 905-878-8970 or 905-332-7892