

## **I THINK THERE IS FAMILY VIOLENCE GOING ON IN MY FAMILY- WHAT SHOULD I DO AND WHERE CAN I GO?**

Remember, it is never your fault if someone is abusing you. **Abuse is not just against the law in Canada, it is against the law if Islam.** There are things you can do to change your situation. The first thing you can do is call IFSSA's Fostering Healthy Families program at 780-462-0772 to talk to someone. You can make an anonymous call, and ask the questions you need to ask. All calls are kept 100% confidential and you do not need to become a client to ask questions!

If you find yourself in a situation where your life or the life of your children are at risk - call 911! Your abuser may make you feel guilty, but this is a method of using power and control over you. No one has the right to hurt you or your children.

Reach out for support. There are many agencies in Edmonton that have supports for people in abusive situations.

### **Resources**

This is a small list of the many resources available to you. You can always get more by calling 211.

#### Emergency Resources

- Ambulance, Police, Fire - 911
- **If you feel you need an Emergency Protection Order (EPO) you can get one 24/7 by calling 780 - 422-9222**
- A Safe Place 24 Hour Crisis/Support Line: 780 - 464 - 7233
- 24-hour Family Violence Info Line at 780 - 310 - 1818
- Edmonton Women's Shelter (WIN House) 780- 471-6709

Crisis line 780-479-0058

- Child and Family Services - Crisis Line- 780-427-3390
- Support Network - Distress Line (24 hours) 780-482-4357

#### Resource Agencies

- IFSSA Fostering Healthy Families Program - 780 462-0772
- **Today Family Violence Help Centre - 780-455-6880**
- **City of Edmonton Community Services (short-term Counseling) - 780 496-4777**

- **Changing Together - A Centre for Immigrant Women 780-421-0157**
- **Child and Family Services - Main Office- 780-415-9619**
- **Woman's Emergency Shelters 1-888-346-5643**
- **Citizen and Immigration Centre 1-888-242-2100**
- **City of Edmonton Community Services (Short Term Counseling) 780-496-4777**

### **Mosques**

Al-Rashid Mosque	Tel: (780) 451-6694 Fax: (780) 452-1243	13070 – 113 Street Edmonton, Alberta T5E 5A8 Canada
Al-Ameen Islamic Center	Tel: (780) 471-5585	5410 - 122 Avenue Edmonton, Alberta T5W 1S2 Canada
Markaz-ul-Islam	Tel: (780) 450-6170	7907 – 36 Avenue Edmonton, Alberta T6K 3S6 Canada
Muslim Community of Edmonton (MCE)	Tel: (780) 432-0208 Fax: (780) 439-8738	10721 – 86 Avenue Edmonton, Alberta T6E 2M8 Canada
Masjid Quba	Tel: (780) 426-6373 Fax: (780) 424-7729	11517 – 105 Avenue Edmonton, Alberta T5H 3Y5 Canada
Downtown Islamic Association (Masjid Sahaba)	Tel: (780) 426-5533 Tel: (780) 426-3632	9216 – 105 Avenue Edmonton, Alberta T5H 0J5 Canada
Rahma Mosque	P: (780) 443-3200 F: (780) 443-7774 M: (780) 299-2320	6102 – 172 St Edmonton, Alberta Canada T6M 1G9