

BILL OF RIGHTS

You have the right.....

To be treated with respect

To feel your feelings

To have your own opinions

To express yourself

To be listened to and taken seriously

To make your own choices

To say yes or no

To ask for what you want

To change your mind

To be assertive

To take care of yourself

To your own spiritual beliefs

To live without fear

To be happy

To be loved in a healthy way

Becoming a member of the
Boundary Women's Coalition
supports our efforts toward:

- Violence prevention
- Addressing women's equality
- Facilitating healthy relationships
- Providing support services for women

Boundary Women's Coalition
operates the
Boundary Women's
Transition House

Transition House staff are
available to speak to your group
about services we provide

Call (250)442-3131

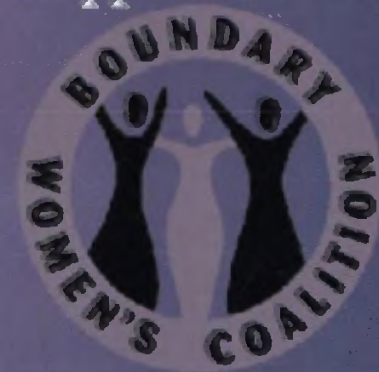
Email: bwcshester@telus.net

Website:

<http://boundarywomenstransitionhouse.com>

The Boundary Women's Transition
House is funded by BC Housing

Boundary Women's Transition House & Support Services



Emergency shelter
for women and children
Staffed 24-hours
A confidential, free service

(250) 442-3131

Silence
IS NOT ALWAYS GOLDEN

Moccasin Line

*We are here to listen...
not to work miracles.*

*We are here to help women
discover what they feel,
not to make feelings go away.*

*We are here to help a woman
identify her options...
not to decide
what she wants to do.*

*We are here to discuss her steps,
not to take steps for her.*

*We are here to help a woman
discover her own strength,
not to rescue her
and leave her vulnerable.*

*We are here to help her
learn to choose.*

*We are here to provide
support for change.*

North West Indian Women's Circle

*Feel free to phone us at the
Boundary Women's Transition
House*

*For support & information
regarding:*

- *Physical, emotional, spiritual or financial abuse*
- *Power & control in relationships*
- *Communication skills*
- *Boundaries & self-esteem*
- *Safety plans*
- *Accessing community resources*

We offer:

- *An accepting & non-judgemental environment*
- *Support counselling*
- *A safe shelter for women & their children*

Does your partner:

- *Keep you from seeing your family & friends?*
- *Ridicule your values and beliefs?*
- *Constantly blame you?*
- *Make all the decisions & undermine your judgement?*
- *Tease you in a demeaning or insulting way?*
- *Criticize you & call you names?*
- *Question all your activities?*
- *Constantly become jealous & accuse you of having affairs?*
- *Control the money?*
- *Threaten to take the children away from you?*
- *Threaten to commit suicide if you leave him?*
- *Threaten to harm you or your pets?*