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: bwcshelter@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 NOTALWAYS 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:

- Reep 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?