Problems at home can come to work.
Problems at home can come to work. Research shows us the connection. People who use violence in their intimate relationships may lose time from work. They may be distracted while they are at work or even put their jobs in jeopardy by using work time or resources in an inappropriate way. Is your job at risk?

Help and support are available. You can find the strength to change.

"We are not born to hurt others. We learn abusive behaviour. We can find the strength to change."

www.pathssk.org
www.makeitourbusiness.com
Problems at home can come to work

"I ran out of people to blame. Places to run, places to hide."

Is it impacting my work?

I have...

- Missed time due to violent episodes
- Checked up on my partner from work
- Become distracted
- Caused or almost cause an accident
- Been less productive

"I had my back turned because I was on the phone checking on my partner. Someone almost got hurt because I wasn’t paying attention."

I can learn to be...

- A loving partner
- An active and loving parent
- A good role model for my children
- Someone who controls my emotions and actions
- Someone who listens and is considerate
- Someone who is respectful and respected
"Now I listen to my partner and we work things through. It doesn't have to be my way or no way...it's like a huge weight has been lifted off my shoulders."

I'm ready for help...

I can...

- Talk to my partner and ask for support in finding help
- Talk to trusted friends or family who can be supportive without judging
- Find a good counsellor - I can ask for references from people I trust
- Call my Employee Assistance Program (if there is one)
- Ask a Human Resources professional in my workplace for a referral
- Ask my union steward for a referral

"I want to build a happy, loving relationship based on respect and trust rather than fear and violence."
What is at stake?

- Family
- Job
- Friends
- Money
- Freedom
- Dignity
- Self-Respect

"I could see it in my son's face, the fear in his eyes. I was hurting him. He was afraid of me."

Is this me?

My behaviour makes my partner feel:

- Scared by threats or outbursts
- Harassed and controlled
- Isolated from family and friends
- Put down or called names
- "It's not my fault"
- "I'm sorry...it won't happen again"
- "She made me so mad"

"I was hurting the people I loved, trying to control them and everything around them."

Do I use excuses?
You can get help

If you are being abused, do not ignore the situation. Domestic violence will not go away or get better on its own. Doing nothing puts you in greater danger. Getting help early can protect you from serious harm.

### In Saskatchewan, contact:

#### Emergency Shelters

- **Battlefords Interval House - North Battleford**
  (306) 445-2742
- **Moose Jaw Transition House**
  (306) 693-6511
- **North East Outreach and Support Services - Melfort**
  (306) 752-9464
- **Piwapan Women’s Centre - La Ronge**
  (306) 425-3900
- **Prince Albert Safe Shelter for Women**
  (306) 764-7233
- **Project Safe Haven - Yorkton**
  (306) 782-0676
- **Qu’Appelle Safe Haven Shelter - Fort Qu’Appelle**
  (306) 322-6881
- **Regina Transition House**
  (306) 757-2096
- **Saskatoon Interval House**
  (306) 244-0185
- **Shelwin House - Yorkton**
  (306) 783-7233
- **Southwest Crisis Services - Swift Current**
  (306) 778-3386
- **Waskoosis Safe Shelter - Meadow Lake**
  (306) 236-5570
- **WISH Safe House - Regina**
  (306) 543-0493
- **YWCA Isabel Johnson Shelter - Regina**
  (306) 525-2141
- **YWCA Saskatoon**
  (306) 244-2844

#### Second-Stage Housing

- **Adelle House - Saskatoon**
  (306) 688-2761
- **Genesis House - Swift Current**
  (306) 778-3692
- **SOFIA House - Regina**
  (306) 565-2537
- **WISH Safe House - Regina**
  (306) 543-0493

#### Counselling & Support Services

- **Envision Counselling & Support Centre**
  Estevan  (306) 637-4004
  Weyburn  (306) 842-8821
  Carlyle  (306) 453-2405
  Oxbow  (306) 483-5555
- **Family Service Regina**
  (306) 757-6675
- **Family Service Saskatoon**
  (306) 244-0127
- **Hudson Bay Family and Support Centre**
  (306) 865-3064
- **North East Outreach and Support Services - Melfort**
  (306) 752-9464
- **PARTNERS Family Services - Humboldt**
  (306) 682-4135
- **SIGN - Yorkton**
  (306) 783-9409
- **Southwest Crisis Services - Swift Current**
  (306) 778-3386

211 Saskatchewan - free, confidential, and searchable website of human services in Saskatchewan