

Problems at home can come to work



(306)522-3515

www.pathssk.org

facebook.com/pathssask

@PATHS_SK




Make It Our Business

Domestic Violence is not a private matter.
We all have a role to play.

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

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

Is it impacting my work?

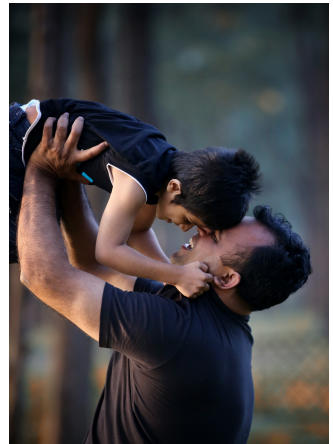
I have...

- 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

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

Do I use excuses?

- "But it only happens when I am provoked"
- "I was stressed about..."
- "Why am I always the villain?"
- "I had too much to drink"
- "It's not my fault"
- "I'm sorry...it won't happen again"
- "She made me so mad"

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) 668-2761

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



Status of Women
Canada

Condition féminine
Canada