



Frequently Asked Questions

FAQ about abuse and violence

My partner yells at me and calls me names but does not hit me. Is this abuse?

Yes, this is verbal abuse. There are many types of abuse aside from physical including emotional, financial, pet, property, and more.

Abuse isn't that common, is it?

It is extremely common! 1 in 3 women experience abuse in their lifetime.

Why don't women just leave abusive relationships?

There are many reasons women stay in abusive situations: fear, love, guilt, pets, lack of resources and more.

\$7.4 billion

is spent per year on the aftermath of spousal violence

Every

48 hours

One woman or girl is killed

1 in 3

women experience abuse in their lifetime

* Canadian statistics

24hr Support Line

905-356-5800

Call or text. Collect calls accepted.



FAQ about Birchway Niagara services

How old do I have to be to get help?

You can access shelter and counselling services without parental/guardian consent at the age of 16.

Can I get help if I don't stay in shelter?

Yes! All of our services are available on an outreach basis.

Did you know Birchway Niagara uses interpreters to provide support in your language of choice?

Can I go to work when I am in shelter?

Yes! You are free to live your typical life while residing at the shelter. Staff will work with you to develop a safety plan for while you are out in the community.

Can you support women with disabilities?

Absolutely. Our shelter is equipped with many accessible features. We encourage you to share information regarding accommodations you may require while accessing our shelter or outreach programs.

**Answers to more frequently asked questions are available on our website,
www.birchway.ca**

Do you want to talk about abuse and Birchway Niagara services?

Call or text our 24hr support line

905-356-5800 | collect calls accepted