

WHAT IS ABUSE?

No matter what form it takes, abuse is a misuse of power. It is an attempt to gain power in a relationship by trying to control how a partner thinks, acts or feels. Abusers take advantage of the bonds of intimacy, trust and dependency to hurt and exploit their victim, using a pattern of destructive behaviours to gain control.

What you need to know:

- Everyone has the right to a healthy relationship
- The abuse is not your fault
- You do not deserve the abuse
- An important warning sign of abuse is “moving too fast, too soon” in a relationship
- It is unlikely that you can control the abuse or stop it
- Abuse usually increases in severity and frequency over time
- Whether you choose to stay in the relationship or leave, it is important to make a plan to keep yourself and your children safe.

Call us. We can help.

905-356-5800

24h, call or text

Niagara Falls, Fort Erie, Welland, Port Colborne, Wainfleet, Pelham and surrounding areas

Collect calls accepted.