

Violence Affects Women

At Northern Society for Domestic Peace, we recognize that women have a right to healthy relationships that are free from power and control imbalances and any form of violence. Counselling is based on a framework that works within the reality of women's lives.

Women who have experienced violence and abuse may feel:

- Isolated
- Powerless
- Overwhelmed
- Angry

We live in a world where women often experience oppression and devaluation.

NSDP is committed to **Stopping the Violence** in our community.



Stopping the Violence provides support and counselling at no charge through the generous funding of the Ministry of Public Safety and Solicitor General.

Northern Society for Domestic Peace

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Stopping the Violence

Women's Counselling and Support



Northern Society for Domestic Peace
(250) 847-9000

Stopping the Violence Program

Stopping the Violence Counselling addresses a wide range of effects that may result from:

- Sexual Assault
- Assault and abuse within a relationship (emotional, physical, sexual, psychological, etc.)
- Childhood abuse

What is the first step?

Call *Northern Society for Domestic Peace* at (250) 847-9000 to set up an appointment with the Stopping the Violence Counsellor.

Things to Know:

1. **Individual counselling** is available to any woman who has experienced violence or abuse and calls for an appointment.
2. The counselling is **voluntary and confidential**.
3. There is **no charge** for this service, but there may be a wait list.
4. Counselling sessions are usually once a week for approximately **six months**.
5. Sometimes **group sessions** are made available.



Our Program

- Fosters self-empowerment by supporting women toward increased control in their lives.
- Places the highest priority on the safety of women.
- Confirms the abuser's responsibility for the abuse.
- Provides services in a non-judgemental and culturally sensitive manner than respects and empowers women.
- Provides services to address women's needs while respecting the right to self-determination.
- Recognizes that the pervasive imbalance of power and violence are issues that must be addressed at both individual and social system levels through effective counselling and advocacy.