



*Willow Place*

WHERE HEALING BEGINS

Willow Place acknowledges that we are located within Treaty No. 1 Territory, and on the traditional lands of the Anishinabe (Ojibway), Ininew (Cree), Oji-Cree, Dene and Dakota peoples; the birthplace of the Metis Nation, and heart of the Metis Nation homeland.



# Who is Willow Place?

- ▶ Registered Canadian charity
- ▶ 24-hour crisis line and emergency shelter programs
- ▶ 1 of 14 family violence shelters in Manitoba
- ▶ Largest and most utilized family violence shelter
- ▶ One of largest Canadian family violence shelters



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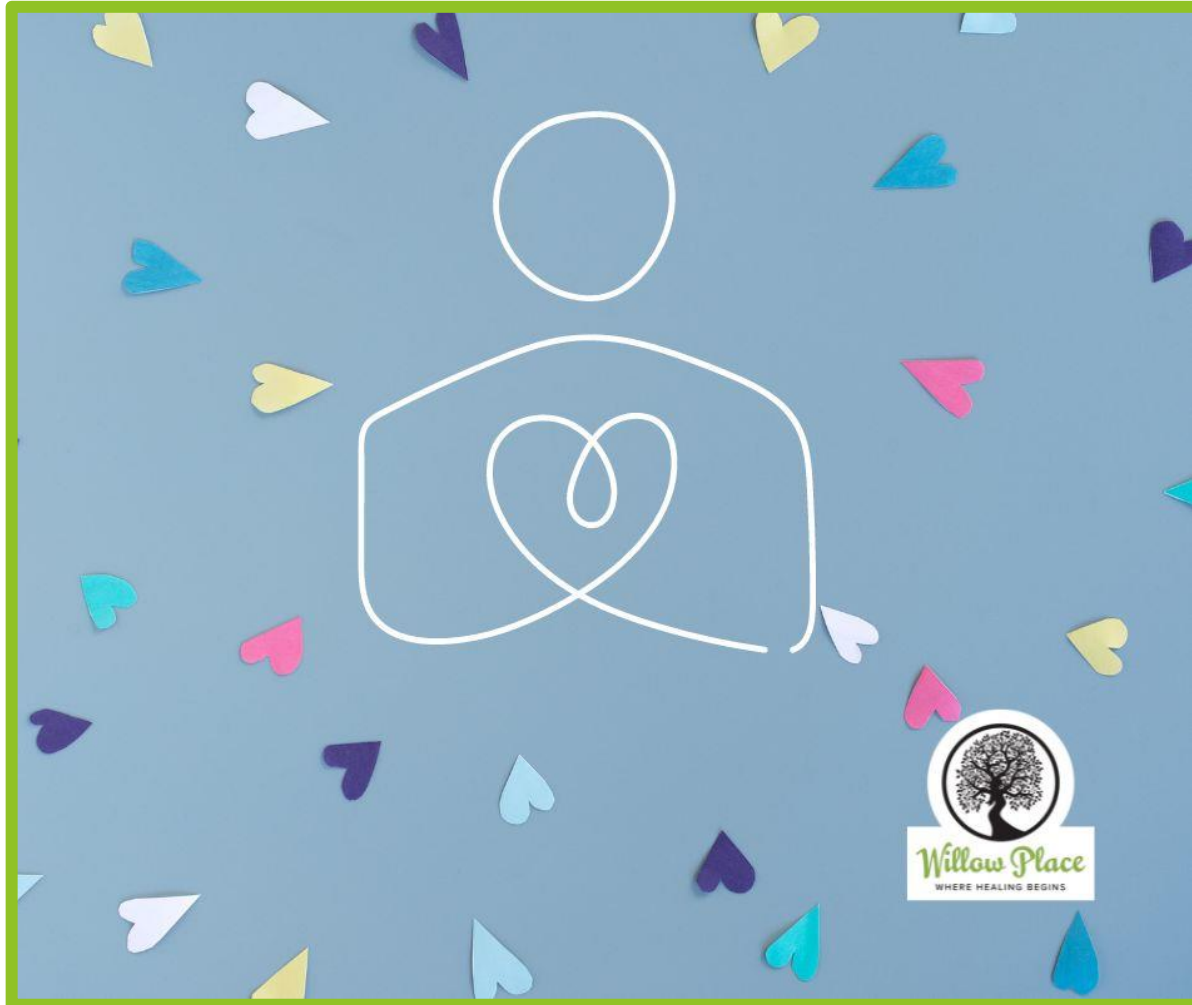
# Willow Place Mission

*We support Manitobans in  
nurturing healthy relationships  
in a safe space.*



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# Check-in



# Presentation Outline

- ▶ Programs and Services; Funding
- ▶ What is Abuse? Forms of Violence
- ▶ Understanding Roots of Violence: Power & Control vs. Equity
- ▶ Myths about Violence
- ▶ Women and Violence
- ▶ Statistics on Family Violence
- ▶ Risk Factors for Family Violence
- ▶ Survivor Stories
- ▶ Shelter Populations
- ▶ Protection Planning - How to Help
- ▶ Contact Info and Social Media



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# Programs and Services

- ▶ 24-hour crisis line, 365 days a year (intake to shelter, referral and supports)
- ▶ Emergency shelter program (capacity for 38 individuals)
- ▶ Counselling for women (group and individual, resident and non-resident)
- ▶ Counselling for children (one-one, resident and non-resident)



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# Programs and Services - Shelter

- ▶ **Referrals and advocacy:** legal aid, protection orders, Winnipeg Police, Manitoba Housing, Employment and Income Assistance, Primary Health Care
- ▶ **Follow-up Program:** services and counselling after shelter program
- ▶ **Healthy Living Program** - various volunteer, community-partnered and grant-funded services and supports (i.e., trauma informed yoga, Indigenous elders, public health nurse, Women's Health Clinic; mobile library, cultural activities)



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# Programs and Services - Shelter

- ▶ **Housing support counsellor** - helping women and families acquire safe and affordable housing
- ▶ **Cultural programming** - immigrant services, elder, Indigenous drumming and art/craft activities (e.g.)
- ▶ **SunRise Tutoring program** - grades K-8 on-site school for children in shelter



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# Programs and Services - Community

- ▶ **Public education** (general awareness, training, advocacy)
- ▶ **Caring Dads** - community partnership, 17-week program for men
- ▶ **Outreach** - partnerships, providing trauma-informed counselling services



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# Shelter Utilization

- ▶ 850-950 women and their children use shelter service in typical year
- ▶ Crisis line annual average is 6,500 calls for support, referral, shelter
- ▶ Average shelter stay is 11 days, but may be extended over 30 days
- ▶ In 2020 over 9,000 shelter stays; in 2019 over 10,000 stays



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# Willow Place Funding

- ▶ Core funding - Family Violence Prevention Program
- ▶ Per diem funding - Employment and Income Assistance
- ▶ Grants and Fundraising
- ▶ Monetary and In-Kind Donations



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# What is ABUSE?

- ▶ Abuse is ANY form of mistreatment or neglect
- ▶ Characterized by **imbalance of power** and **coercive controls**
- ▶ Can be intimate partner or family abuse
- ▶ Individuals, groups or communities can perpetrate or contribute to abuse



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# Violence Takes Many Forms

- ▶ Physical abuse
- ▶ Verbal abuse
- ▶ Sexual abuse
- ▶ Isolation/Controlling
- ▶ Economic/Financial



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# Other Forms of Violence

- ▶ **Emotional withholding** - not expressing feelings, no compliments, not paying attention; not respecting feelings, opinions or concerns
- ▶ **Self-destructive behaviours** - abusing drugs or alcohol, threatening suicide, driving recklessly, causing trouble
- ▶ **Destruction of property** - destroying furniture, punching walls, throwing or breaking things, abusing pets
- ▶ **Threats and intimidation** - threat to harm others or pets, using physical size to intimidate, shouting, threatening with weapons, reporting/threatening to report



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# Stalking Behaviours

- ▶ Watching and following
- ▶ Repeated threatening or unwanted phone calls
- ▶ Repeated unwanted gifts
- ▶ Spying with cameras or software
- ▶ Breaking into home
- ▶ Showing up at workplace or other commonly visited places



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# Stalking and Technology

## Safety Measures

- ▶ Document incidents;
- ▶ Find safer computer or mobile device
- ▶ Turn off Bluetooth and GPS on mobile device
- ▶ Change user names, passwords and security questions on online accounts
- ▶ Check security settings on social media

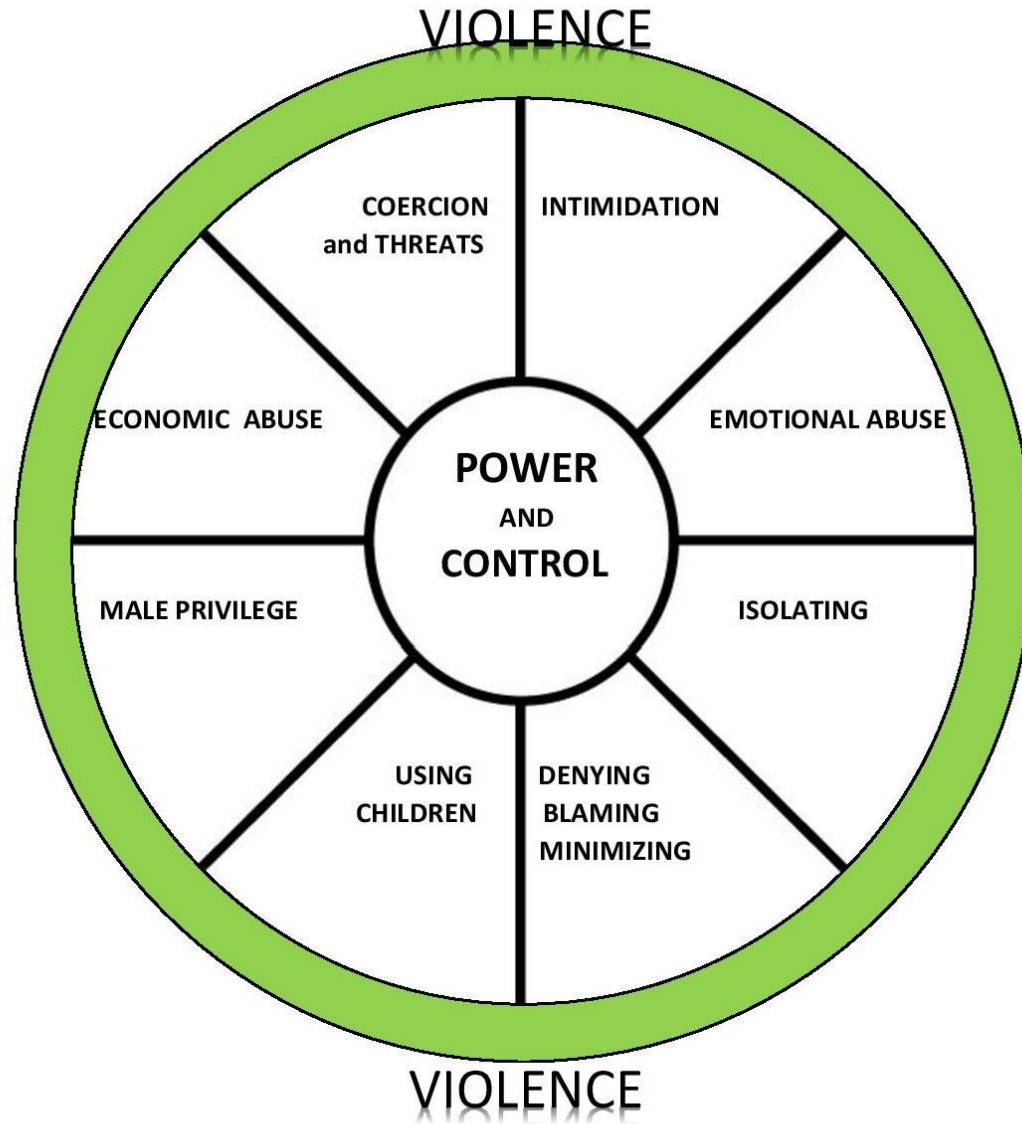


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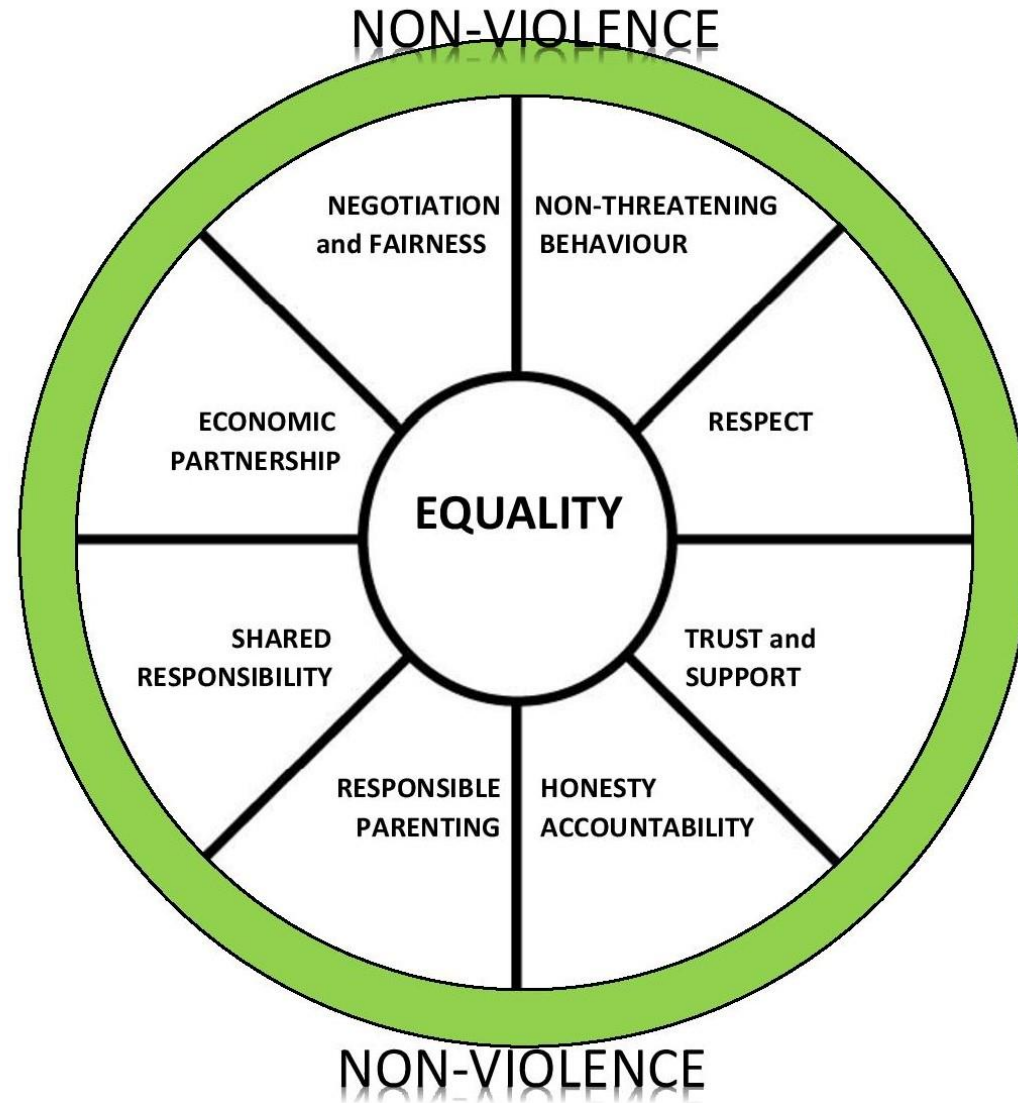
Have you experienced or  
witnessed **family violence**?



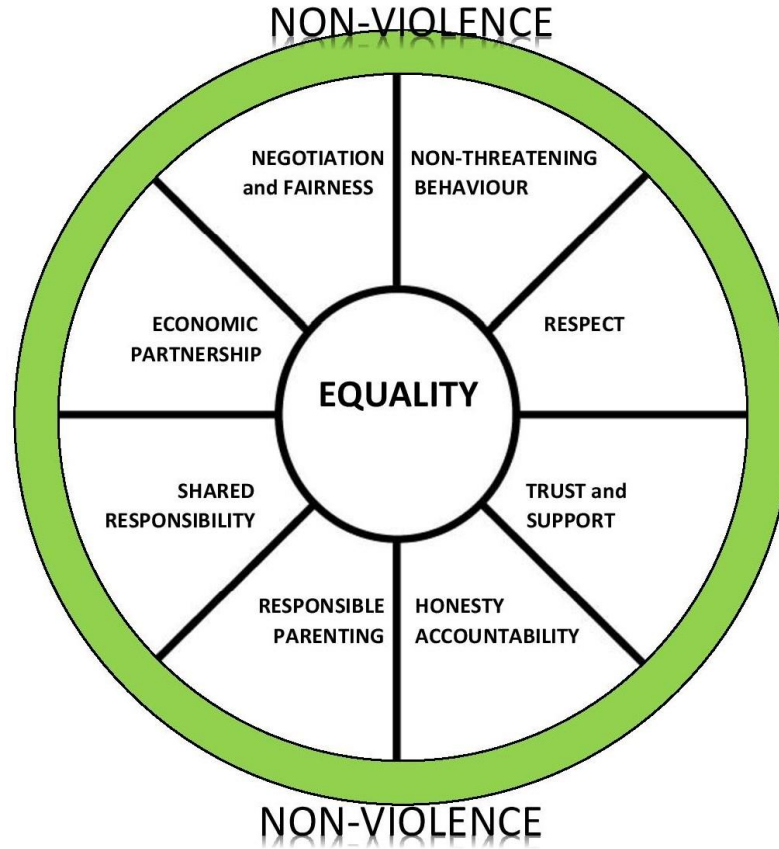
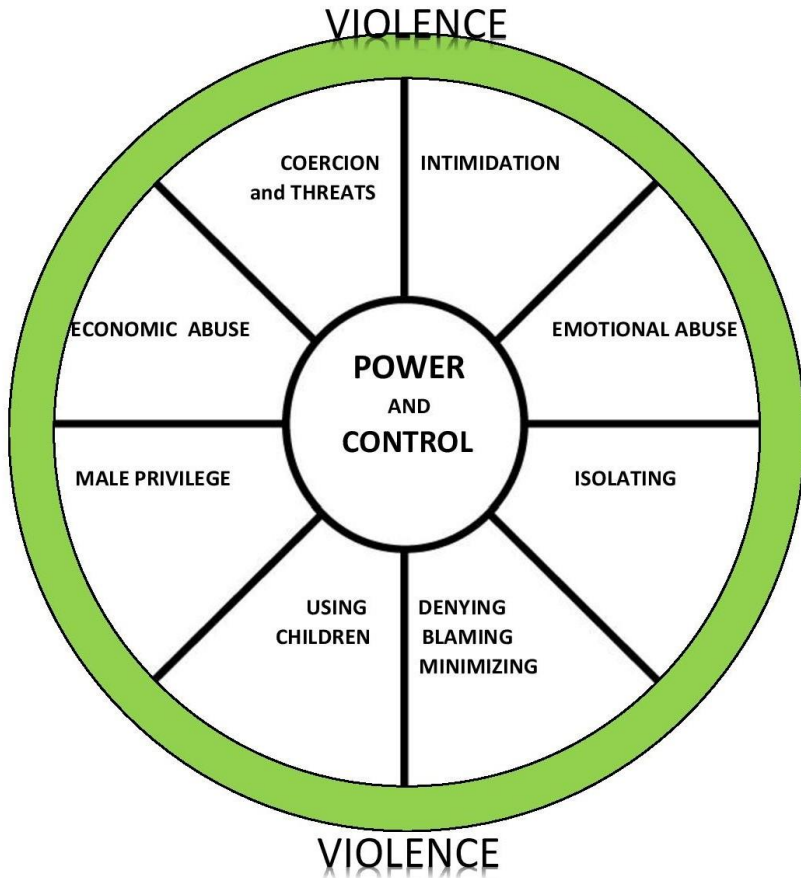
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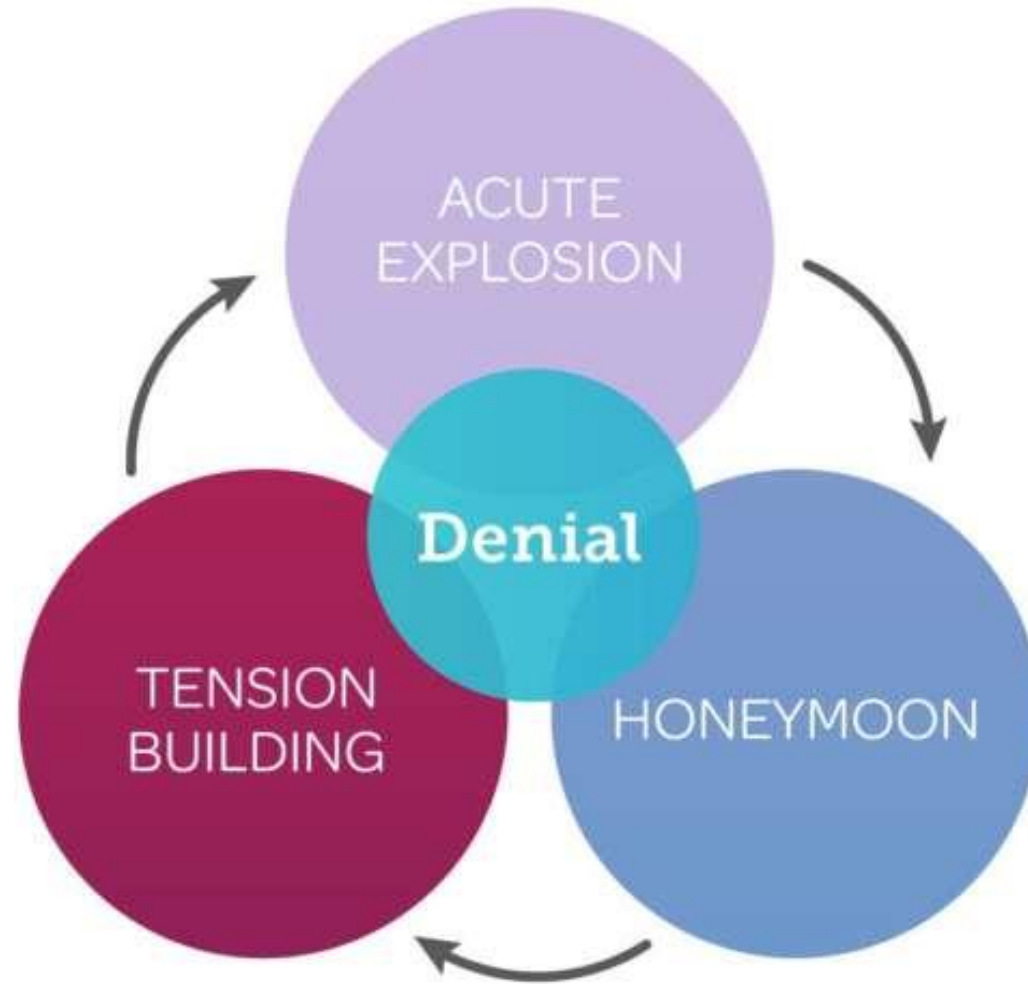


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# Cycle of Violence



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# Myths About Family Violence

- ▶ Only physical abuse is family violence
- ▶ Violence is a momentary loss of temper
- ▶ An occasional punch or slap is not violence
- ▶ Addiction causes family violence
- ▶ The victim can leave if unhappy with the abuse
- ▶ If the abuser promises to change, the abuse will stop
- ▶ Only women are FV victims, and only men are abusers
- ▶ Victims seek out and encourage violence



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# Women and Violence

- ▶ 81% of FV incidents reported to police involve female victims
- ▶ 50% of Canadian women experience abuse in their lifetime
- ▶ Every 2.5 days in Canada, a woman is killed by an intimate partner
- ▶ 85% of family violence murder victims are women
- ▶ Indigenous Canadian women are over 3x more likely to be abused and are 6x more likely to be killed as non-Indigenous Canadian women
- ▶ Canadian girls aged 15-19 girls are 12x more likely than boys to be killed by an intimate partner



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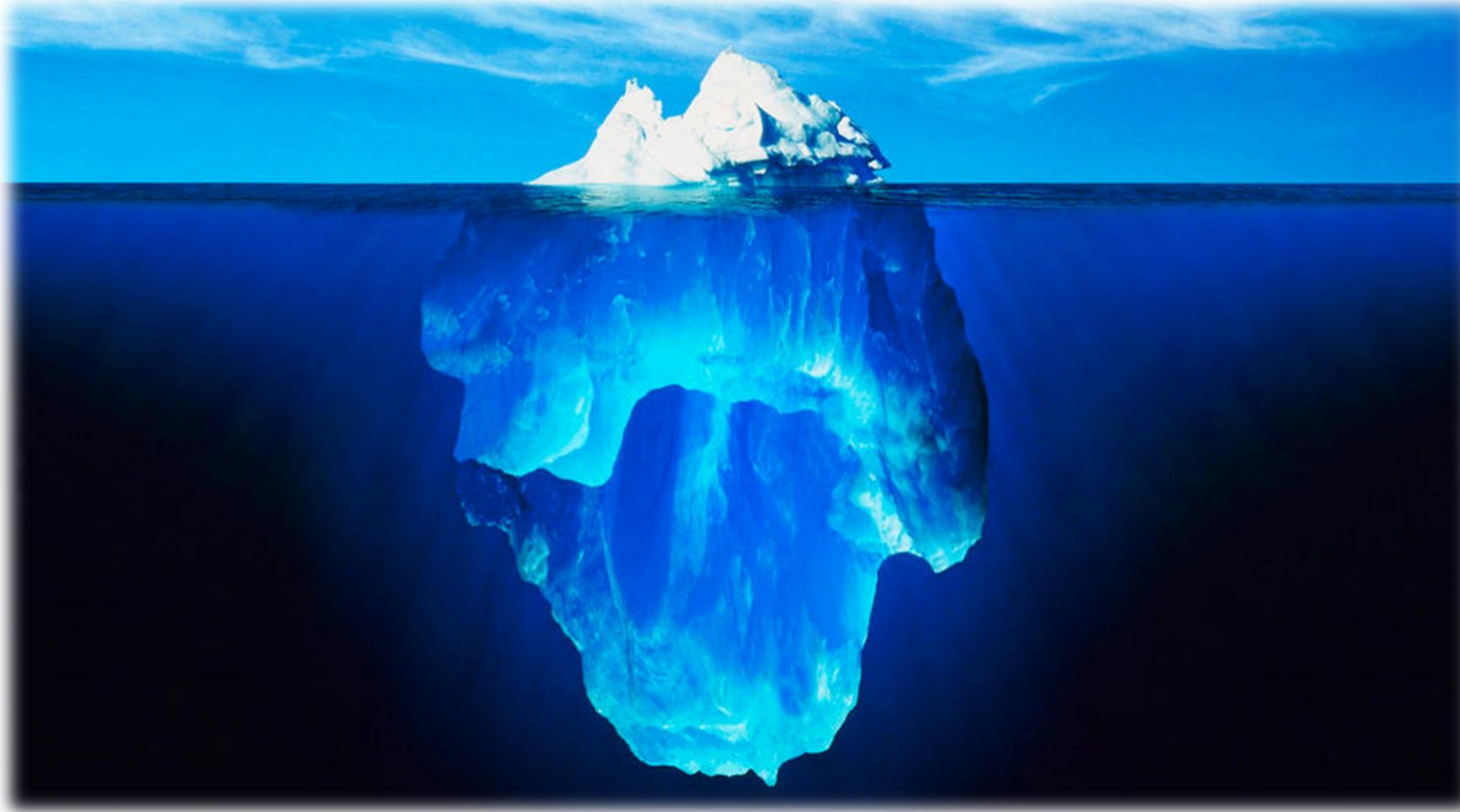
# Profile: Women and Violence

- ▶ Escalation - abuse becomes more frequent and violent
- ▶ Isolation from family, friends, supports
- ▶ Sharing children increases both risk and vulnerability
- ▶ Typically many incidents occur before help is sought
- ▶ Violence and abuse may be normalized
- ▶ Violence and abuse may be intergenerational
- ▶ Often attempt to reconcile many times
- ▶ Leaving abuser is most dangerous time
- ▶ Dysfunctional coping mechanisms may be used
- ▶ Will try to hide or downplay abuse until ready to seek help



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# Tip of the Iceberg



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# Micro Meditations

## FOCUS ON BREATHING

- 1) SIT COMFORTABLY AND QUIETLY
- 2) WITH EYES LOWERED OR CLOSED, TAKE 2-3 DEEP BREATHS
- 3) BREATHING NORMALLY, FOCUS ON AIR ENTERING YOUR BODY AND FLOWING OUT OF YOUR BODY
- 4) FEEL APPRECIATION FOR EACH BREATH

#WILLOWPLACE #WELLNESS



# Family Violence

IS A COMPLEX ISSUE THAT CAN HAPPEN  
AT ANY POINT IN A LIFETIME

PUBLIC HEALTH AGENCY OF CANADA 2016



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# Family Violence

People who experience violence and abuse are at a higher risk for illness including cancer, heart disease and arthritis.

Public Health Agency of Canada, 2016



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# Family Violence

Home is a "dangerous domain,"  
especially for women and girls.

Canadian Femicide Observatory  
for Justice and Accountability



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# Family Violence

It is estimated that only 1 in 5 survivors report violence and abuse to police.

Department of Justice, Canada



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# Increased Risk Factors for Family Violence and Abuse



- ▶ Female
- ▶ Indigenous women and children
- ▶ Children and youth
- ▶ Pregnancy and having children
- ▶ Physical disabilities and health issues
- ▶ Mental disabilities and mental health
- ▶ LGBTTQ2\*



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# Increased Risk Factors for Family Violence



- ▶ Newcomers
- ▶ Elderly
- ▶ Geographic and/or social isolation
- ▶ Substance abuse
- ▶ Language or literacy barriers
- ▶ Discrimination



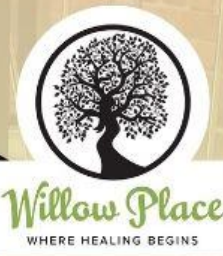
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A woman with short reddish-brown hair, wearing a bright yellow long-sleeved shirt and light-colored pants, is seated in a wheelchair. She is looking towards the right. The background shows a modern interior with a brick wall, a dining table, and chairs. A large, semi-transparent pink circle is overlaid on the right side of the image, containing text.

# women with disabilities

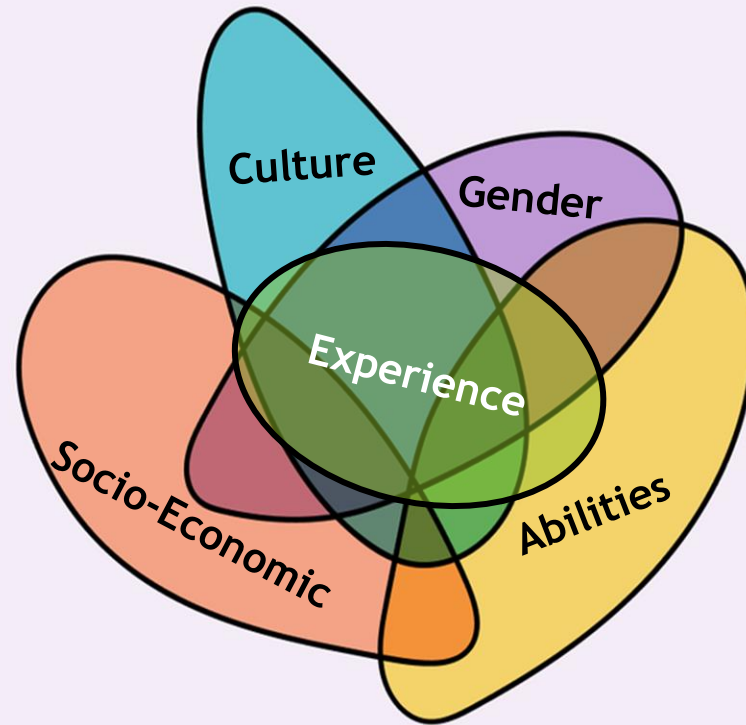
1 in 5 Canadian women live with a disability  
and face higher FAMILY VIOLENCE  
risk factors than non-disabled women

[www.dawncanada.net](http://www.dawncanada.net)



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# Intersectionality



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How many family violence  
service calls does the  
Winnipeg Police Service  
answer yearly?



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# Diana's Story



# Hannah's Story



# Nina's Story



# FV Shelter Population Today

- ▶ Aware of physical abuse; may not recognize other forms of abuse
- ▶ Feelings of shame and stigmatization, regardless of understanding
- ▶ Higher numbers of single women
- ▶ Larger families and younger mothers
- ▶ 65-85% Indigenous women; 20-25% Newcomer women
- ▶ Low income/impooverished - middle and high income earners are less likely to need shelter
- ▶ Lower education and literacy
- ▶ Multiple risk factors and co-occurring disorders
- ▶ Have exhausted all other means of support



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# Barriers to accessing support

- ▶ **Shame and stigma** - victims may feel responsible, low self-esteem
- ▶ **Lack of information** - victims not aware of or misunderstand available supports
- ▶ **Normalization of violence** - victims not aware of experience as violence
- ▶ **Economic factors** - abuser controls assets; victim feels stuck and helpless/hopeless
- ▶ **Transportation** - various factors including abuser controls and economic factors
- ▶ **Isolation** - physical and social isolation
- ▶ **Controls by abuser/s** - e.g., phone access, ID; emotional/manipulation



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# Family Violence

People are reluctant to talk about family violence, meaning it often goes unreported.

A Focus on Family Violence in Canada,  
Public Health Agency of Canada, 2016



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# Options for those experiencing FV

- ▶ **Stay in relationship** - avoid isolation and brainwashing; work on “Plan B,” establish timelines, access counselling, pursue activities outside of home, nurture friendships, schooling, job search
- ▶ **Plan to leave** - supportive counselling, legal advice, income support, and housing information; slowly move out some of belongings
- ▶ **Leave the relationship** - safety is paramount (protection planning), may lay charges, get a protection order, enter emergency shelter, start Family Court processes; may consider reconciliation



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# Protection Planning

- ▶ If possible, leave home before violence starts
- ▶ Call 911 if in immediate physical danger
- ▶ Prepare children by creating safe words, and practicing escape routes
- ▶ Tell trusted friends and family about abuse - share safe word so they know when to call police
- ▶ If possible, keep purse/ID near planned exit
- ▶ Keep spare keys, copies of important documents, and a small bag of clothes in a safe place
- ▶ If planning to leave, gradually move out valuables and furniture when abuser is not home
- ▶ Keep phone fully charged
- ▶ May seek a protection order using POD



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# How to Help

- ▶ **LISTEN** and express concern for their safety
- ▶ Most important thing you can do - **BELIEVE** their story
- ▶ **RESPECT** the individual's right to make decisions - do not try to "save" a person who is not ready
- ▶ **REFER** the person to the crisis support lines:  
call 1-877-977-0007 or 204-615-0311 or text to 204-792-5302
- ▶ Plan **SAFE** strategies with the person - if appropriate, you may help by storing valuables, copies of I.D., and other essentials for them



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Do you feel today's  
presentation has **increased**  
your awareness of family  
violence issues?



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## Willow Place Social Media

Facebook: willowplaceshelter



LinkedIn: willow-place-inc

Instagram: willowplacewpg

Twitter: willowplace1

Pinterest: Willowplace1



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**204-615-0311**

**Willow Place - 24-hour crisis support**

**1-877-977-0007**

**Manitoba toll-free support**

**204-792-5302**

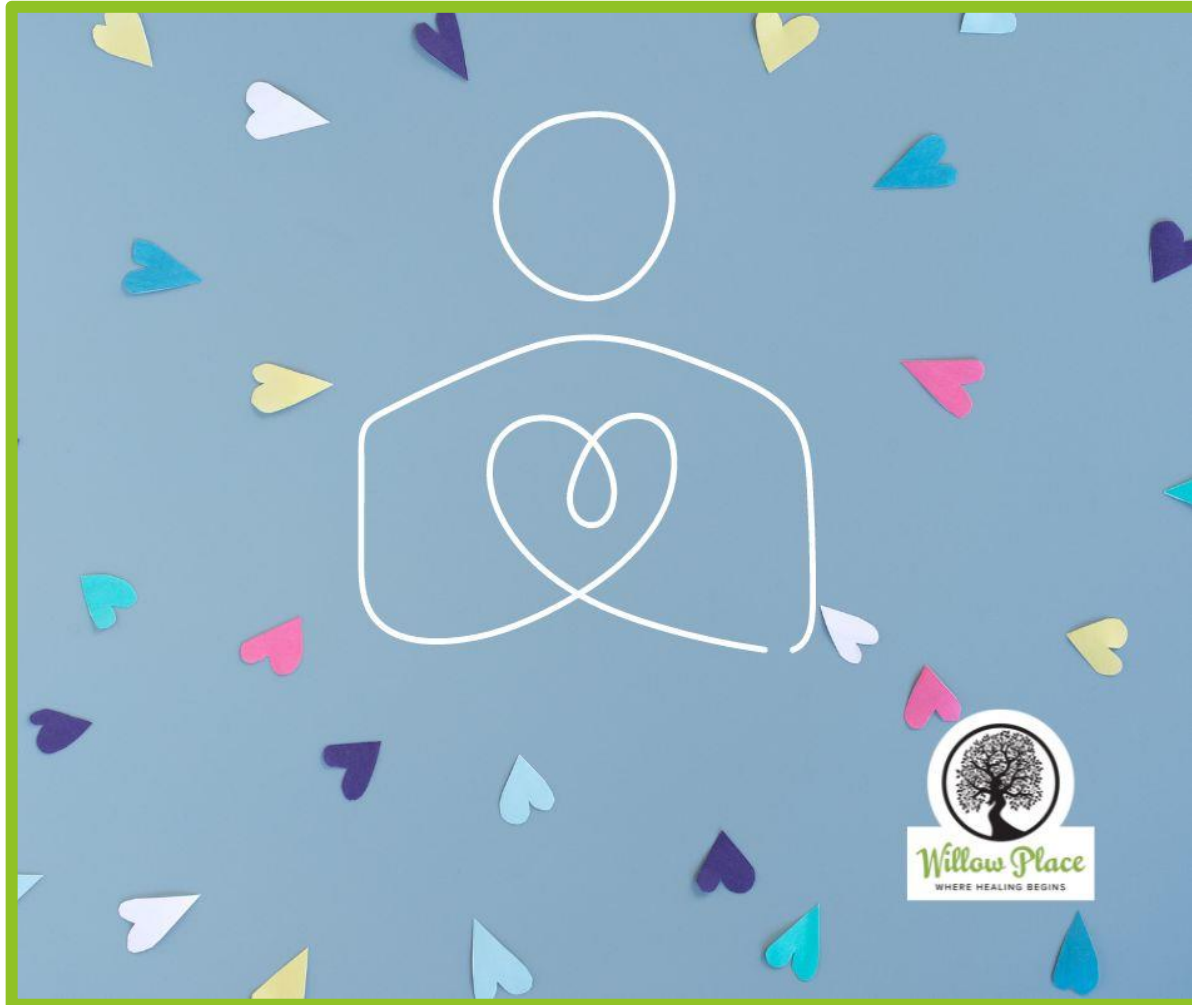
**Manitoba crisis support text line**



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# Check-in





# Micro Meditations

## UNCLENCH AND NOURISH

- 1) SIT COMFORTABLY AND QUIETLY
- 2) CLOSE OR LOWER EYES - TAKE 2-3 BREATHS
- 3) IDENTIFY WHERE TENSION IS FELT IN BODY
- 4) FOCUS ON TENSE AREAS, SENDING THOUGHTS OF KINDNESS - IMAGINE SUNLIGHT DISSOLVING TENSION

#WILLOWPLACE #WELLNESS



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# THANK YOU

“Too often we underestimate the power of a touch, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.” ~ *Leo Buscaglia*



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# Questions?



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