

What is Sexual Violence?

- Any form of unwanted sexual contact, including:
 - Sexual assault
 - Rape
 - Sexual harassment
 - Sexual exploitation
 - Voyeurism
 - Sexual image based abuse / non-consensual distribution of intimate images
 - Unwanted sexual contact / touching

It's Important to Remember

- **It is not your fault**
- You do not have to involve the police
- You are not responsible for someone else's actions
- It is normal to have feelings of embarrassment, guilt, fear, anger, self-blame, and mistrust
- Everyone reacts differently
- Seek medical help if it is needed
- You have the right to get the help and support you need
- Your safety is important
- You are allowed to make decisions that you are comfortable with
- **You are not alone**



24/7 Help Lines

If you require emergency medical assistance, please call **911**

Talk4Healing Helpline

1-855-554-HEAL

- support/resources for Indigenous women, by Indigenous women

Assaulted Women's Helpline

1-866-863-0511 or TTY 1-86-863-7868

- Free confidential telephone and TTY crisis line available to all women who have experienced abuse

Faye Peterson House Crisis Support

807-345-0450 or 1-800-465-6971

Text 807-700-5011

Beendigen Crisis Support

1-888-200-9997

Sexual Abuse Centre

Weekdays 9am-4:30pm: 807-345-0894

After Hours: 807-346-8282 (answered by CMHA Thunder Bay Crisis Response)



**NORTHWESTERN ONTARIO
WOMEN'S CENTRE**
EMPOWERING WOMEN BY PROVIDING A SAFE AND
SUPPORTIVE ENVIRONMENT TO EXPLORE THEIR NEEDS

Community Supports for Survivors of Sexual Violence



73 Cumberland St. N
Thunder Bay, Ontario
807-345-7802

www.nwowomenscentre.org

Medical Treatment

Sexual Assault / Domestic

Violence Treatment Centre

TBRHSC, 980 Oliver Rd, Thunder Bay
807-684-6751

- Assessment / treatment of injuries, collection of forensic evidence ("rape kit")



Community Support

Sexual Abuse Centre

www.tbsasa.org
807-345-0894

- Counselling, court preparation and accompaniment

Thunder Bay Victim Services

www.tbayvictimservices.ca
807-684-1051

- Victim-centered practical and emotional support in partnership with emergency services

Ontario Native Women's Association

www.onwa.ca
1-800-667-0816

- Supports and services for Indigenous women



Legal Help

Independent Legal Advice

1-855-226-3904

- Up to 4 hours of free legal advice for sexual assault survivors over 16
- Access voucher request form here: www.ontario.ca/page/independent-legal-advice-survivors-sexual-assault



Counselling Services

Thunder Bay Counselling

www.tbaycounselling.com
807-684-1880

- Talk-In Counselling Tuesday - Thursday
- Sexual Violence and Harassment Counselling for teens and adults
- Child Witness Program

Beendigen

www.beendigen.com
807-622-1121

- Healing Our Own Counselling Unit for Indigenous women
- Child Witness Program



Where to Stay

Faye Peterson House

www.fayepeterson.org
807-345-0450 or 1-800-465-6971

- 24/7 safe shelter and support for women and their children experiencing abuse. In-house counselling and support programs are available

Beendigen

www.beendigen.com
807-346-4357 or 1-888-200-9997

- 24/7 safe shelter and support for Indigenous women and their children experiencing violence. Crisis counselling and culturally appropriate support programs are available

Urban Abbey - Emergency Women's Shelter

www.urbanabbey.ca
807-768-8923

- Emergency 10 bed shelter for women in need of temporary overnight stay
- Intake begins at 9pm