

What is Sexual Violence?

- Any form of unwanted sexual contact, including:
 - Sexual assault, rape
 - Sexual abuse
 - Sexual harassment
 - Sexual exploitation
 - Voyeurism
 - Sex trafficking
 - 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

Fem'aide 1-877-336-2433

- support, information, and referrals for French-speaking women in Ontario

Faye Peterson House

Crisis Support

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

Text 807-700-5011

Beendigen Crisis Support

1-888-200-9997



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



278 Bay St #201

Thunder Bay, Ontario, P7B 1R8

807-345-7802

www.nwowomenscentre.org



Medical Care

Sexual Assault / Domestic Violence Treatment Centre

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

- Assessment / treatment of injuries and *optional* collection of forensic evidence ("rape kit")



Community Support

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 for Indigenous women, including victim family liaison and sex trafficking exit program



Counselling Services

Thunder Bay Counselling

www.tbaycounselling.com
807-684-1880

- Sexual Violence and Harassment
Counselling for teens and adults

Beendigen

www.beendigen.com
807-622-1121

- Healing Our Own Counselling Unit for Indigenous women

Centr'Elles

www.centrelles.com
807-622-1121

- individual counselling, groups, other services, referrals

Faye Peterson House

www.fayepeterson.org
807-345-0450

- 20-week individual counselling offered in person at Faye Peterson House



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. Will work with individuals who use substances on case by case basis.

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. Use harm reduction approach

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

