

Three Oaks offers:

- * 24 hour crisis information from experienced counsellors
- * 24 hour emergency shelter
- * Safety planning
- * Individual counselling
- * Referrals and advocacy
- * In-house children's program
- * Interpreters
- * Support groups for women
- * Special groups for children who have witnessed abuse
- * Help to find and keep new housing
- * Public education presentations
- * Volunteer opportunities
- * Student placements

www.threeoaksshelterandservices.ca

Three Oaks is a non-profit charitable organization. Donations are accepted and appreciated.

If you are worried about your safety call us. We are here all the time.

24 hour Crisis Line

TTY Accessible Services

613-966-3074, 1-800-267-0533

Centre Hastings

613-473-1976, 1-888-275-0710



P.O. Box 22162
Belleville, Ontario
K8N 5V7

www.threeoaksshelterandservices.ca

Services provided in Hastings County

**Want a Fresh Start?
Want to know your
options?
Need an advocate?**

**Outreach Services
For Women**



Services provided in
Hastings County

Transitional Support Program

A **Transitional Support Worker** will offer:

- * Assistance finding safe, affordable and sustainable housing.
- * Help with income supports.
- * To provide court support.
- * Help with educational upgrading.
- * Help with life skills.
- * Help with employment supports.
- * Help with parenting supports.
- * Assistance with the Legal Aid process.
- * Information on health and wellness services.
- * Assistance with building and extending women's personal community of support.



To contact the Transitional Support Program please call 613-966-3074 or 1-800-267-0533.



Outreach Program

An **Outreach Counsellor** can help you with:

- * Individual counselling.
- * Group counselling.
- * Safety planning.
- * Referrals and advocacy.
- * Providing support groups for women.
- * Assistance with finding safe, affordable housing.
- * Assistance with legal issues.



To contact the Outreach Program please call 613-966-3074 or 1-800-267-0533.

Family Court Support Program

A **Family Court Support Worker** offers:

- * Supports for women who have experienced domestic violence and are involved in the family court process.
- * Provide information about the family court process.
- * Assistance through the Legal Aid process.
- * Referrals to specialized services in the community.
- * Accompany women to court proceedings where appropriate.



To contact the Family Court Support Worker please call
613-967-1416 ext. 247