

Three Oaks Offers:

- * 24 hour crisis information from experienced counselors
- * 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 safe housing
- * Public Education presentations
- * College Student placements



24 hour Crisis Line

613-966-3074

1-800-267-0533

Centre Hastings

613-473-1976



Call us anytime



Three Oaks



SHELTER AND SERVICES FOR ABUSED
WOMEN AND THEIR CHILDREN

Dating Violence

Signs that you may
be in an abusive
dating relationship
& information on
where to get help

Dating Relationships – Teen Abuse

You may be in an abusive relationship if your partner:

- ◇ Won't let you talk to other people, even if they are your friends
- ◇ Partner is very jealous
- ◇ Constantly puts down what you wear and what you do
- ◇ Likes to scare you by driving cars or things too fast or doing reckless things
- ◇ Wants to know where you are and who you are with at all times
- ◇ Tells other people about things you did or said that embarrass you or make you feel stupid
- ◇ Gets 'carried away' during horseplay and hurts you, hold you down and makes you feel helpless until you give in or feel humiliated
- ◇ Becomes very angry about small things – like not being ready on time for a date or wearing the "wrong" clothes

- ◇ Is often depressed or withdrawn but won't talk about their feelings? Puts the blame on everyone else
- ◇ Becomes angry or violent when using alcohol or drugs
- ◇ Forces you to do anything sexually that you don't feel ready to do... either by physical force or by put downs, threats or other emotional pressure
- ◇ (will tell your mom what you did this last year_
- ◇ Continually tells you that you are stupid, fat, lazy ugly and so on
- ◇ Have old fashion traditional ideas of what men and women should be and do
- ◇ Makes awful jokes about women or men
- ◇ Makes threats about hitting you, hurting your friends or pets, or killing himself if you don't obey
- ◇ Has ever hit you, yelled at you, no matter how sorry he/she may feel afterwards
- ◇ Puts your friends down and asks you to stop seeing them
- ◇ Does not like your friends or your family
- ◇ Does not want to do any of the things or the events that are you interested in

Definition of Dating Violence

The emotional, physical and or sexual abuse on one partner by the other in a dating relationship.

It is NOT YOUR FAULT

You may love your partner and hope that things will get better. No matter how hard you try, the abuse most always gets worse. You can't control the violence because it is not your fault. The abuser is responsible for the abuse.

Community Services

If you are a young woman 16 years of age and over a Community Outreach Worker can help you with counselling, safety planning and support. For more info call the crisis line at 613-966-3074.

Three Oaks

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

Crisis Phone: 613-966-3074

1-800-267-0533

Fax: 613-966-6008

www.threeoaksfoundaiton.org