



**HURT CAN START AT
HOME
HELP
CAN START HERE**

24 Hour Toll-Free Crisis Line

1-877-977-0007

Local Crisis Line

(204)-346-0028

Business Line (Non-Emergency)

(204)-326-6062



Agape House-Eastman Crisis Centre, Inc. was established in 1985 in Steinbach, Manitoba. Agape House supports women and children in Southeastern Manitoba who are dealing with family abuse, enabling them to heal and empowering them to lead enriched lives.

Our Services

- 24-hour, toll-free crisis line
- Emergency shelter for women and children dealing with abuse
- Crisis counselling
- Social, medical and legal referrals
- Follow-up services
- Non-residential programs and services for women and children
- Interim housing program
- Outreach services
- Public awareness and presentations
- Wheel chair accessible

ALL SERVICES ARE FREE AND CONFIDENTIAL

What Is Abuse?

Abuse can be physical, but it can also be emotional, psychological, sexual or economic in nature. Intimidation and isolation are also forms of abuse. Abuse can be from a spouse or intimate partner, or it can be family members, i.e. adult children abusing an elderly parent.

If You Are Being Abused

- a)** You can leave: take your keys, identification, any medications, and important personal items
- b)** If you decide to stay: make a plan for what to do when you are in danger, keep an extra set of keys, try to keep some hidden money, be sure the vehicle has gas; tell children about the safety plan if they are old enough to understand.

If You Know Someone Is Being Abused

- Believe them
- Let them know it's not their fault
- Call Agape House for support
- Share this information
- Share the crisis line numbers