

## *Parkland Crisis Centre Services*

- ◇ 24-hour toll-free crisis line
- ◇ Emergency shelter for women and their children for as long as needed
- ◇ Transportation to shelter
- ◇ Support groups
- ◇ Crisis counselling
- ◇ Child & youth program
- ◇ Referrals to medical, legal, and social service agencies
- ◇ Follow-up services



**All services are free and confidential**

The Parkland Crisis Centre & Women's Shelter is always seeking volunteers and donations. You can contact us at:

### **Parkland Crisis Centre & Women's Shelter**

P.O. Box 651  
Dauphin, MB, R7N 2V4  
Local crisis line: (204) 638-9484  
Toll-free crisis line: 1-877-977-0007  
Executive Director: (204) 622-4621  
Administrator: (204) 622-4620  
Fax: (204) 622-4625  
Email: [pknderis@mts.net](mailto:pknderis@mts.net)  
Website: [www3.mb.sympatico.ca/~pknderis](http://www3.mb.sympatico.ca/~pknderis)

### **Parkland Crisis Centre & Women's Shelter**

- ◇ EMERGENCY SHELTER
- ◇ CRISIS SUPPORT SERVICES
- ◇ COMMUNITY ADVOCACY

*Working within the Parkland community  
to end abuse and violence*



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## What is Abuse?



Domestic abuse can happen to anyone, regardless of age, race, or economic status.

The first step in stopping abuse is to recognize the many forms it takes:

- ◇ **Emotional or Psychological Abuse:** Put downs, constant criticism, name-calling, excessive jealousy, limiting access to family and friends, threats of suicide, threats to harm loved ones, pets, or property
- ◇ **Sexual Abuse:** Unwanted sexual touching or intercourse, derogatory sexual name-calling
- ◇ **Financial Abuse:** Limiting access to financial resources as a means of control, preventing access to employment
- ◇ **Physical Abuse:** Any physical act intended to hurt, threaten, or intimidate, including slapping, punching, shoving, kicking, choking, locking out of the house, abandoning in an unsafe place
- ◇ **Stalking:** Repeated harassing or threatening behaviour including, but not limited to, obscene phone calls, following, sending unwanted gifts, letters, or email

## THE CYCLE OF ABUSE

The pattern of abuse is like a downward spiral that goes round and round in a predictable way:

1. **Tension:** You may experience verbal attacks or feel like you need to “walk on eggshells” to avoid triggering abuse.
2. **Explosion:** Something sets off the abuser. You are late getting home or you forget to fill the gas tank or the laundry is not folded or you were too nice to the clerk. The tension of phase one erupts into an episode of abuse.
3. **Honeymoon:** Things seem great. Your partner apologizes and makes promises. You accept the excuses—it was just stress or alcohol, or it was your fault. You may get roses or a dinner out or new lingerie. You tell yourself the abuse is over.
4. The cycle continues, accelerates, and intensifies...unless you get help.



**Abusers say “it will never happen again.”  
But it will happen again. And again and again.  
Unless you get help.**

## IF YOU ARE BEING ABUSED:

**You are not alone.**

**It is not your fault.**

**There is help.**

If you recognize this cycle of abuse in your relationship, call our toll-free crisis line. Trained staff are available 24 hours a day to help you make a positive change in your life.



**You have the right to live  
without fear and violence**

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