

# *Just as we are*

*Yet I am poor and needy; may the  
Lord think of me. You are my help  
and my deliverer; O my God,  
do not delay. (Psalm 72:12)*

## 24-Hour Emergency Numbers

Emergency (police, ambulance, fire): 911

Community Connection: 211

Assaulted Women's Helpline:

1-866-863-0511 | 1-866-863-7868 (TTY)

Distress Centres of Toronto:

416-408-4357 | 416-408-0007 (TTY)

Femaide (French Crisis Line):

1-877-336-2433 | 1-866-860-7082

Kids Help Phone: 1-800-668-6868

## Legal Contacts

Community Legal Education Ontario:

[www.cleonet.ca](http://www.cleonet.ca)

Family Law Education for Women

(FLEW): [www.onefamilylaw.ca](http://www.onefamilylaw.ca)

Law Help Ontario: [www.lawhelpontario.org](http://www.lawhelpontario.org)

Law Society of Upper Canada, Lawyer

Referral Service:

1-800-668-7380 x5000 | [www.lsuc.on.ca](http://www.lsuc.on.ca)

Legal Aid Ontario (for lawyer referrals, a  
list of community legal clinics, and more):

1-800-668-8258 | 1-866-641-8867 (TTY) |

[www.legalaid.on.ca](http://www.legalaid.on.ca)

Legal Line:

416-929-8400 | [www.legalline.ca](http://www.legalline.ca)

Ontario Women's Justice Network:

[www.owjn.org](http://www.owjn.org)



Metropolitan Action Committee on  
Violence Against Women and Children

*METRAC is a community-based  
organization dedicated to preventing  
violence against women, youth, and children.*

[www.metrac.org](http://www.metrac.org)

## Other Contacts

Sexual Assault Centres:

[www.occcc.ca](http://www.occcc.ca) (for local centres, look in your local telephone book)

Sexual Assault/Domestic Violence

Treatment Centres: [www.satcontario.com](http://www.satcontario.com)

Shelters for Women and Children:

[www.shelternet.ca](http://www.shelternet.ca) (for local shelters, look in your local telephone book)

Ontario Association of Children's Aid Societies (information on child abuse and local child services): [www.oacas.org](http://www.oacas.org)

Family Service Canada (lists local family service associations):

[www.familyservicecanada.org](http://www.familyservicecanada.org)

Local Children's Aid contacts:

[www.oacas.org](http://www.oacas.org)

Settlement.org: [www.settlement.org](http://www.settlement.org)

## Some Tips to Remember

Abuse can come in many forms.

50% of Canadian women experience physical or sexual abuse in their lifetimes.

People don't know much about the law, but it's important if they're in a situation of family breakdown and/or abuse at home.

A family law lawyer can be helpful to a woman if her partner tried to bully her, was violent, or has more power than her. The lawyer can also help if she can't read, speak, or understand English.

Legal Aid can help you afford a lawyer. If a woman was abused or bullied, Legal Aid is more likely to help them out.

Legal Aid can also help women who were abused by giving them two free hours of legal advice. The woman would have to fill out an "Advice Lawyer Family Violence Authorization Form."

Duty counsel lawyers are found in the courts and can help people with lower incomes if they don't have a lawyer.

Family Law Information Centres can give legal information on family law, how family court works, and support services for families.