



## Questionnaire for Patients Sexually Abused by Health Professionals

### Introduction

The Ontario Minister of Health and Long-Term Care ([www.health.gov.on.ca](http://www.health.gov.on.ca)) has created a Task Force on the Sexual Abuse of Patients by Health Professionals.

The Task Force is reviewing the *Regulated Health Professions Act (1991)* ([www.e-laws.gov.on.ca/html/statutes/english/elaws\\_statutes\\_91r18\\_e.htm](http://www.e-laws.gov.on.ca/html/statutes/english/elaws_statutes_91r18_e.htm)). Read more about it here: [www.news.ontario.ca/mohlrc/en/2014/12/new-ministers-task-force-to-review-legislation-to-prevent-sexual-abuse-of-patients.html](http://www.news.ontario.ca/mohlrc/en/2014/12/new-ministers-task-force-to-review-legislation-to-prevent-sexual-abuse-of-patients.html). This Act is a law that says what health professionals should and should not do and it includes rules about dealing with complaints from patients and disciplining health professionals.

The Task Force will make recommendations to improve the law so it works better to support and protect patients.

According to the Act, a “health professional” can be a(n):

- Audiologist
- Chiropodist
- Chiropractor
- Doctor
- Dentist
- Dental Hygienist
- Dental Technologist
- Denturist
- Dietician
- Homeopath (regulated since April 1, 2015)
- Kinesiologist
- Massage Therapist
- Medical Laboratory Technologist
- Medical Radiation Technologist
- Midwife
- Nurse
- Occupational Therapist
- Optician
- Optometrist

- Pharmacist
- Physiotherapist
- Psychologist
- Psychotherapist (regulated since April 1, 2015)
- Respiratory Therapist
- Speech-language Pathologist
- Doctor of Traditional Chinese Medicine or Acupuncturist

Please note: The Act does not recognize Naturopathy as a regulated health profession at the time this questionnaire was published April 10, 2015. The profession is expected become self-regulated around June 1, 2015. One that takes place, Naturopathy will be included as a “health profession” under the Act.

### About this Questionnaire

METRAC ([www.metrac.org](http://www.metrac.org)), an organization that prevents violence against women and youth and builds safety for everyone. The Task Force has asked METRAC to create a questionnaire to learn about the experiences of patients who have been sexually abused by Ontario regulated health professionals.

This questionnaire will help us understand more about:

- Patients’ experiences of sexual abuse by health professionals
- Barriers for patients if they want to report what happened to them
- How to prevent abuse of patients and to make sure patients are protected and supported

Your answers will give us important information to give to the Task Force so they can make the laws better. This is why we are asking you to do something that may be difficult and painful. Your voice is very important!

Your answers are confidential. Your name and personal information will not be made public unless you agree to it.

You can skip any question you want and you can end the questionnaire at any time.

Answering this questionnaire might make you feel sad, upset, or bring up bad memories. You may want to ask someone you trust to be with you for support in person or on the phone while you respond. You can find services and supports on METRAC’s website: [www.metrac.org/links](http://www.metrac.org/links).

You can fill this questionnaire out online: [www.surveymonkey.com/s/ontariopatients](http://www.surveymonkey.com/s/ontariopatients).

If you prefer to book a private phone or in-person interview during the months of April or May 2015, call us at 647-725-6820 or toll-free at 1-877-558-5570. All calls are confidential and free.

At the end of the questionnaire, we give you our phone number and email. You can contact us to learn more about this work. We can also give you information about services where you can get help.

The questionnaire will take you approximately 30 minutes to complete. If you fill the questionnaire out on paper, when you are done, you can mail or fax it back to METRAC:

**Mail:** METRAC  
C/O Benita King  
158 Spadina Road  
Toronto, Ontario  
M5R 2T8

**Fax:** 416-392-3136

**More information:** call 647-725-6820 or toll-free at 1-877-558-5570 or email us at [accesstojustice@metrac.org](mailto:accesstojustice@metrac.org)

### Your Consent is Important

- 1. I understand what the Task Force is about, and am satisfied with the information provided, including the proposed use of my personal information. I agree to participate in the manner described above, and consent to the use of my personal information to inform the recommendations and findings of the Task Force.**

- Yes, I understand and agree
- No, I do not understand and agree and I will not fill out the rest of this questionnaire

### Use of Your Name

- 2. First Name:** \_\_\_\_\_  
**Last Name:** \_\_\_\_\_

- 3. Your name will not be disclosed in the Task Force Report nor made public by the Task Force, unless you agree to it below.**

- I agree to have my name shared/mentioned in the final report of the Task Force on the Sexual Abuse of Patients.

- I do not wish for my name to be shared/mentioned in the final report of the Task Force on the Sexual Abuse of Patients.

## Your Background

**4. Gender:**

- Male  
 Female  
 Transgender  
 Other:
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**5. Age:**

- 0-12  
 13-17  
 18-24  
 25-34  
 35-49  
 50-65  
 65+

**6. Sexuality:**

- Lesbian  
 Gay  
 Straight or heterosexual  
 Bisexual  
 Queer  
 Questioning  
 Other:
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**7. Your ethno-racial identity:**

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**8. What other groups are you a part of?**

- Deaf/Hard of Hearing Community  
 Disability community  
 Other (e.g. faith community you are a part of):
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**9. Current location:**

- South-Western Ontario (including Waterloo Region, Brant County, Bruce County, Chatham-Kent, Elgin County, Essex County, Huron County, Lambton County, Middlesex County, Norfolk County, Perth County, etc.)
  - Golden Horseshoe (including Halton Region, City of Hamilton, Niagara Region, etc.)
  - City of Toronto
  - Greater Toronto Area excluding City of Toronto (including Durham Region, Peel Region, York Region, etc.)
  - Central Ontario (including Oxford County, Wellington County, Dufferin County, Haliburton County, Barrie, Muskoka District, Parry Sound, Simcoe County, Kawartha Lakes, Peterborough County, Northumberland County, etc.)
  - Eastern Ontario (including Hastings County, Prince Edward County, Frontenac County, Lanark County, United Counties of Leeds & Grenville, Lennox-Addington County, Ottawa, Renfrew County, United Counties of Prescott and Russell, United Counties of Stormont, Dundas and Glengarry, etc.)
  - Northern Ontario (including Sudbury District, Algoma District, Cochrane District, Timiskaming District, Thunder Bay District, Manitoulin District, Kenora District, Rainy River District, Nipissing District, Parry Sound District, etc.)
  - Other:
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## About the Abuse

### 10. The health professional who abused you was a (check all that apply):

- Audiologist
- Chiropodist
- Chiropractor
- Doctor
- Dentist
- Dental Hygienist
- Dental Technologist
- Denturist
- Dietician
- Homeopath
- Kinesiologist
- Massage Therapist
- Medical Laboratory Technologist
- Medical Radiation Technologist
- Midwife
- Naturopath
- Nurse or Nurse Practitioner
- Occupational Therapist

- Optician
- Optometrist
- Pharmacist
- Physiotherapist
- Psychologist
- Psychotherapist
- Respiratory Therapist
- Speech-language Pathologist
- Doctor of Traditional Chinese Medicine or Acupuncturist

**11. When did the sexual abuse by a health professional first happen?**

- Within the last 6 months
- Within the last year
- 1-3 years ago
- 4-6 years ago
- 6-10 years ago
- 10+ years ago

**12. How often did the abuse happen?**

- Once
- 2-5 times
- 5-10 times
- 10+ times
- Not sure

**13. For how long were you working with the health professional before the abuse happened?**

- Less than a year
- 1-3 years
- 3+ years

**14. What treatment were you receiving from the health professional?**

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**15. Did the health professional prescribe you any medication? What kind? When? If you do not know the name of the prescription(s) but you know what it was for, you can share that (e.g. antidepressants, narcotics for chronic pain, etc.).**

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**16. Where did the sexual abuse occur? (Choose all that apply)**

- Private Office
- Clinic
- Hospital
- Workplace
- House
- Vehicle
- Other:

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**17. Sexual abuse can take many forms and can involve many kinds of abuse. What abuse did you experience? (Choose all that apply)**

- Genital touching, over or under clothes
- Touching your breasts, chest, thighs
- Rape or unwanted sexual penetration of any kind
- Asking you to touch yourself sexually
- Sexually touching themselves in your presence
- Kissing
- Stalking (e.g. unwanted calls and texts, following you)
- Sexually harassing behaviour, comments, writing or suggestions
- Other:

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**18. Please give any details about the abuse and its impact on you that you would like to share.**

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**19. Did the health professional:**

- describe what was happening as “therapeutic intervention” or treatment that would “help you”?
- suggest the two of you were in a romantic relationship or express romantic feelings for you?
- blame you for what happened or suggest you caused it?

Give any more details you want to share:

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**20. When the abuse first happened, were you still under the professional care of the health professional?**

- Yes
- No

If you answered “no”, when did the care relationship end and how did it end?

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**21. Is the health professional who abused you still practicing?**

- Yes
- No
- I don't know

If you answered “yes”, what role are they practising in?

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## Sharing Your Experience or "Disclosure"

**22. Did you tell anyone about the sexual abuse?**

- Yes
- No

If you answered "yes", who? \_\_\_\_\_

**23. If you told another health professional about the abuse, what happened next? Did they report it to anyone else? Did they help you get services or counselling? Please give any details you want to share.**

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**24. If you did not tell another health professional about the abuse, why not? (Check all that apply)**

- You did not know you could report it
- You were too frightened or uncomfortable
- You did not want to share what happened with another health professional
- Other: \_\_\_\_\_

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## Complaint, investigation, hearing

**25. Did you have any contact with the "Regulatory College" of the health professional who abused you? A Regulatory College is a corporation created by the Ontario government to make and enforce rules about a particular health profession and the health care professionals in that field (e.g. College of Nurses for nurses). Regulatory Colleges have a legal duty under the *Regulated Health Professions Act* of Ontario to serve and protect the public.**

- No
- Yes, because I reported to the Regulatory College
- Yes, because the Regulatory College contacted me

**26. If you answered "yes" to the question above, which Regulatory College(s) did you report to?**

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**27. If you answered “no” to question 25, why didn’t you report to the Regulatory College of the health professional who abused you (e.g. you were scared, didn’t know what to do)?**

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**28. If you filed a complaint with the Regulatory College of the health professional who abused you (give as many details as you can:**

how much did you know about filing a complaint?

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how did you find out that information?

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were you given information about the process and your rights?

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**29. If you pursued a complaint (give as many details as you can):**

describe your role in the investigation process.

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what it was like for you?

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how many times you were interviewed? Who interviewed you?

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give us any other details you want to share.

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**30. Were you given the option of having a “support person” be with you during the interview(s)? A support person is any person of your choice who goes with you to make the process easier.**

- No
- Yes

Please share any other details:

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**31. Did the Regulatory College of the health professional who abused you let you know what was happening during the investigation?**

- No
- Yes

Share any other details about this (e.g. the kind of information they gave you, if any):

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**32. Did your complaint go to a hearing?**

- Yes
- No

If you answered “no”, why not?

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**33. If your complaint did go to a hearing, did you testify?**

- No
- Yes

If you answered “yes”, share any details you would like (e.g. if you met with the lawyer before testifying, if you felt prepared, if the Regulatory College gave you any support in the process).

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**34. Did you give a “victim impact statement”? A victim impact statement is something you write or say that explains how the abuse affected you in your own words.**

- No
- Yes

Please share any other details about this:

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**35. Did the Regulatory College release a decision after the hearing?**

- No
- Yes
- I don't know

If you know about it, please give any details about the decision and penalty after the hearing.

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**36. If your complaint did not go to a hearing and was settled by a Regulatory College and the health professional instead, what were the terms of “settlement”? A settlement is an agreement made between a Regulatory College and a health professional, who may have done something against the law, which brings the case to an end. Sometimes the person who made the complaint will be allowed to give their opinion about the agreement. The health professional agrees to some or all of the complaints, and chooses not to argue about it in a hearing. (Check all that apply)**

- The health professional was found guilty of something other than sexual abuse/assault
- The health professional was suspended from practising for a while
- The health professional was asked to apologize to you
- The health professional was only allowed to work with certain patients
- I don't know

Other:

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**37. Were you satisfied with the outcome of the complaint? Share any details you want.**

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**After the process**

**38. Did a Regulatory College or any public body give you funding for therapy? A public body is any agency that provides services paid for by the government.**

- No
- Yes

**39. If you answered “yes” to the question above:**

who gave you the funding (if you know that information)?

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did you use the funding? Why or why not?

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**40. If you did the paid therapy, was it helpful? Give us any information you want to share.**

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**41. What other support were you given after at the end of the complaint process? Give any details you want to share.**

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Overall

**42. If you went through the complaints process with a Regulatory College, do you think it was handled well and did you feel respected? Give any details you want to share.**

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**43. If you had one piece of advice to give to a future patient filing a sexual abuse complaint, what would it be?**

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**44. How can Regulatory Colleges improve how they respond to sexual abuse of patients? Give any details you want.**

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**45. What topics should healthcare professionals be trained on to better respond to sexual abuse of patients?**

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**46. Is there anything else you want to share about improving the system?**

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## Notification of Final Report

**47. Would you like to be added to our mailing list, to receive a copy of the final public Task Force Report, when it is released? If so, please include your email below, and check the appropriate box.**

- No
- Yes: email address: \_\_\_\_\_

## Thank You

We thank you for your time, openness, and courage in sharing your story with us.

After this questionnaire, you may feel tired, sad, upset or uneasy. Below are some suggestions for taking care of yourself and places you can go to for help.

If you would like support, we can help connect to you to community-based agencies that may offer free counselling. You can share your feelings with them and they can give you help and ideas to feel better. Contact us at 647-725-6820 or toll-free at 1-877-558-5570, or email us at [accesstojustice@metrac.org](mailto:accesstojustice@metrac.org) if you would like to receive more information.

If you have questions, or would like to do an in-person interview with us, contact us at 647-725-6820 or toll-free at 1-877-558-5570, or email us at [accesstojustice@metrac.org](mailto:accesstojustice@metrac.org). All interviews will be confidential, and you will be treated with respect and kindness.

What we share with the Task Force will be based on what we learn from YOU. On behalf of METRAC and the Task Force, we thank you, once again.

## Self-Care Suggestions

1. **Stretch:** stretch out your limbs in a way that suits your body, abilities and health. It can improve blood circulation, flexibility and well-being. Focus on your breath and being in the present moment.
2. **Communicate with a trusted friend or family member:** communicate how you are feeling to someone you trust. You can explain that you may not be looking for advice. Sometimes, just sharing your feelings can help you feel supported.
3. **Take a warm bath or shower:** you can relax in the water and think about being in the present moment.
4. **Laugh:** you can laugh out loud, even you are not responding to anything funny. It can be a great stress relief. You can also watch something funny, read

something that makes you smile or communicate with someone in your life who has a good sense of humour.

5. **Eat something healthy that you love:** food can be healing, especially if it reminds you of good times or a safe place. Sometimes eating with people you trust and love can also help.
6. **Spend time with a loving animal:** if you have access to a pet or service animal or know someone who does, spending time with them or playing or caring for them may help.
7. **Get creative:** you can express how you feel by writing stories or poems, journaling, drawing pictures, singing, playing music or doing other kinds of art. You can share what you create with others you trust or keep it private.
8. **Practise gratitude:** think about three things in your life that you are grateful for, and that have brought you happiness, comfort, or love. Focusing on what you are thankful for in life can increase feelings of hope, inspiration, and peacefulness.

Looking for support for yourself or someone you know? Here are some options.

### Sexual Assault Centres

Sexual Assault Centres offer confidential, free counselling to survivors of sexual violence. Sexual assault centres provide support for survivors of sexual violence, including recent sexual assault, past sexual assault, sexual harassment and childhood sexual abuse. Services include: 24-hour crisis counselling over the phone; accompaniment to the hospital, court and/or police station; advocacy and referrals; crisis intervention; face-to-face counselling; court support; ongoing counselling; and more.

There is a sexual assault centre in every region in Ontario. Find the centre closest to you:

Region	Sexual Assault Centre	24-hour crisis line	Office phone
Algoma (Sault Ste. Marie)	Women In Crisis Algoma, <a href="http://www.womenincrisis.ca">www.womenincrisis.ca</a>	1-877-759-1230	705-759-1230
Belleville-Quinte	Sexual Assault Centre for Quinte & District, <a href="http://www.sacqd.com">www.sacqd.com</a>	1-877-544-6424	613-967-6300
Brant	Sexual Assault Centre of Brant,	519-751-3471	519-751-1164



	<a href="http://www.sacbrant.ca">www.sacbrant.ca</a>		
Bruce County	Women's House Serving Bruce and Grey: Sexual Assault Services, <a href="http://www.whsbg.on.ca/Assault/AssaultMain.htm">www.whsbg.on.ca/Assault/AssaultMain.htm</a>	1-866-578-5566	519-372-1113
Chatham-Kent	Chatham-Kent Sexual Assault Crisis Centre, <a href="http://www.cksacc.org">www.cksacc.org</a>	519-354-8688	519-354-8908
Cornwall	Sexual Assault Support Services for Women, Cornwall, <a href="http://www.sassforwomen.ca">www.sassforwomen.ca</a>	English: 613-932-1603 French: 613-932-1705	613-932-1755
East Algoma (Elliot Lake)	Counselling Centre of East Algoma, <a href="http://www.counsellingeastalgoma.ca">www.counsellingeastalgoma.ca</a>	1-800-721-0077	705-848-2585
Guelph-Wellington	Guelph-Wellington Women in Crisis, <a href="http://www.gwwomenincrisis.org">www.gwwomenincrisis.org</a>	519-836-5710 1-800-265-7233	519-836-1110
Halton (Oakville)	Sexual Assault & Violence Intervention Services of Halton, <a href="http://www.savisofhalton.org">www.savisofhalton.org</a>	905-875-1555	906-825-3622
Hamilton	Sexual Assault Centre Hamilton & Area (SACHA), <a href="http://www.sacha.ca">www.sacha.ca</a>	905-525-4162	905-525-4573
Kawartha (Peterborough & Area)	Kawartha Sexual Assault Centre, <a href="http://www.kawarthasexualassaultcentre.com">www.kawarthasexualassaultcentre.com</a>	705-741-0260	705-748-5901
Kenora	Kenora Sexual Assault Centre, <a href="http://www.kenorasexualassaultcentre.ca">www.kenorasexualassaultcentre.ca</a>	807-468-7233 1-800-565-6161	807-468-7958
Kingston	Sexual Assault Centre Kingston, <a href="http://www.sackington.com">www.sackington.com</a>	613-544-6424 1-877-544-6424	613-545-0762
Waterloo	Sexual Assault Support Centre of Waterloo Region, <a href="http://www.sascwr.org">www.sascwr.org</a>	519-741-8633	519-571-0121
London-Middlesex	Sexual Assault Centre London, <a href="http://www.sacl.ca">www.sacl.ca</a>	519-438-2272 1-877-529-2272	519-439-0844
Muskoka	Athena's Sexual Assault Counselling & Advocacy Centre, <a href="http://www.huroniatransitionhomes.ca/services-and-programs/athenas/">www.huroniatransitionhomes.ca/services-and-programs/athenas/</a>	705-737-2008 1-800-987-0799	705-737-2884
Niagara	Niagara Region Sexual Assault Centre, <a href="http://www.sexualassaultniagara.org">www.sexualassaultniagara.org</a>	905-682-4584	905-682-7258
Nipissing	Amelia Rising Sexual Assault Centre of Nipissing, <a href="http://www.ameliarising.ca">www.ameliarising.ca</a>	705-476-3355	705-840-2403
Oshawa-	Oshawa-Durham Rape Crisis	905-668-9200	905-444-9672

Durham	Centre, www.dev.durhamrapecrisiscentre.com		
Ottawa SASC	Sexual Assault Support Centre of Ottawa, www.sascottawa.com/default.aspx	613-234-2266	613-725-2160
Ottawa RCC	Ottawa Rape Crisis Centre, www.orcc.net	613-562-2333	613-562-2334
Peel	Hope 24/7: Sexual Assault Centre of Peel, www.hope247.ca	1-800-810-0180	905-792-0821
Renfrew	Women's Sexual Assault Centre of Renfrew County, www.wsac.ca	1-800-663-3060	613-735 – 5551
Sarnia-Lambton	Sexual Assault Survivors' Centre Sarnia-Lambton, www.sexualassaultsarnia.on.ca	519-337-3320	519-337-3154
Sudbury	Voices for Women Sudbury, www.mentalhealthhelpline.ca/Directory/Program/16424		705-523-7100 ext. 2647
Thunder Bay	Thunder Bay Sexual Abuse & Sexual Assault Counselling & Crisis Centre, www.tbsasa.org	807-344-4502	807-345-0894
Timmins	Timmins and Area Women in Crisis, www.tawc.ca	1-877-268-8380	705-268-8381
Toronto	Multicultural Women Against Rape/Toronto Rape Crisis Centre, www.facebook.com/pages/Toronto-Rape-Crisis-CentreMulticultural-Women-Against-Rape-TRCCMWAR/257773617856	416-597-8808	416-597-1171
Windsor-Essex	Sexual Assault Crisis Centre of Essex County, www.saccwindsor.net	519-253-9667	519-253-3100
York	Women's Support Network of York Region, www.womenssupportnetwork.ca	1-800-263-6734 905-895-7313	905-895-3646

Pour le support francophone aux femmes victimes d'agression sexuelle, s'il vous plaît visitez (*for French-language support to women victims of sexual assault, please visit*): Action ontarienne contre la violence faite aux femmes: [www.aocvf.ca/services-aux-femmes/](http://www.aocvf.ca/services-aux-femmes/)

## Sexual Assault/Domestic Violence Treatment Centre

Sexual Assault/Domestic Violence Treatment Centres in Ontario are hospital-based centres that provide 24/7 emergency care to women, children and men who have been sexually assaulted or who are victims or survivors of domestic violence (intimate partner) abuse.

Services include:

- emergency medical care
- crisis intervention
- collection of forensic evidence
- access to emergency contraception and preventative treatment for sexually-transmitted infections
- medical follow-up
- counselling
- referral to community resources.

You can choose to have centre staff conduct a physical examination, offer medical care and/or collect any physical (forensic) evidence of a recent sexual assault. It is your decision whether you wish to report the assault to the police or provide the forensic evidence. If you think you were drugged and sexually assaulted, Sexual Assault/Domestic Violence Treatment Centres can also test to determine the presence of drugs in your body. To contact the Sexual Assault/Domestic Violence Treatment Centre in Ontario nearest you, visit [www.satcontario.com](http://www.satcontario.com).

## Assaulted Women's Helpline

The Assaulted Women's Helpline provides crisis counselling, safety planning, emotional support, information and referrals 7 days a week, 365 days a year.

- Telephone toll-free: 1-866-863-0511
- Or dial #SAFE (#7233) on your Bell, Rogers, Fido or Telus mobile phone
- TTY for the Deaf and hard of hearing: 416-364-8762
- Website: [www.awhl.org](http://www.awhl.org)

## Fem'aide

Fem'aide offre aux femmes d'expression française aux prises avec la violence sexiste, du soutien, des renseignements et de l'aiguillage vers les services appropriés dans leur collectivité 24 heures par jour, sept jours par semaine. Fem'aide peut également répondre aux demandes de renseignements faites par les proches des femmes victimes de violence. Fem'aide concentre son intervention auprès des femmes ayant subi de la violence dans une relation intime ou encore de l'agression à caractère sexuel.

Fem'aide offers French-speaking women experiencing violence support, information and referral to appropriate services in the community 24 hours a day, seven days a

week. Fem'aide can also respond to inquiries made by the relatives or support persons of women victims of violence. Fem'aide focuses its assistance to women who have experienced violence in an intimate relationship or of sexual assault.

- Telephone toll-free: 1-877-336-2433
- ATS: 1 866 860-7082
- Website: [www.femaide.ca](http://www.femaide.ca)

### Kids Help Phone

Kids Help Phone provides free and confidential 24/7 counselling and information service for young people in Canada.

- Telephone toll-free: 1-800-668-6868
- Website: [www.kidshelpphone.ca](http://www.kidshelpphone.ca)
- Other: Get support and information through Kids Help Phone's website or Live Chat

### Talk4Healing: A Helpline for Aboriginal Women

Talk4Healing is available to all Aboriginal women living in urban, rural and remote communities, both on and off reserve, throughout Northern Ontario. They support Aboriginal women and their families who need support.

- Telephone toll-free: 1-855-554-HEAL
- Website: [www.talk4healing.com](http://www.talk4healing.com)

### Barbra Schlifer Commemorative Clinic

The Barbra Schlifer Commemorative Clinic offers legal information, counselling and multilingual interpretation for women who have experienced violence.

- Telephone: 416-323-9149 (this is not a 24-hour line)
- Website: [www.schliferclinic.com](http://www.schliferclinic.com)

### Women at the Centre

Women at the Centre is a non-profit organization that works to eradicate violence against women through personal, political and social advocacy. It was created by survivors for survivors.

- Telephone: 416-964-0892
- Website: [www.womenatthecentre.com](http://www.womenatthecentre.com)

### Paths of Courage – Healing & Retreat Centre

Paths of Courage offers survivors support programs, in connection with the Sexual Assault Centre for Quinte and District (just north of Belleville), and a self-directed healing retreat program in Demorestville (just south of Belleville).

- Telephone: 613.476.7000
- Website: [www.pathsofcourage.com](http://www.pathsofcourage.com)

### Homewood Health Centre

Homewood Health Centre, located in Guelph, Ontario, offers a special live-in retreat program to help people who have experienced trauma overcome Post Traumatic Stress Disorder.

- Telephone: 519.824.1010
- Website: [www.homewoodhealth.com/health-centre/post-traumatic-stress-recovery](http://www.homewoodhealth.com/health-centre/post-traumatic-stress-recovery)

### Ontario Coalition of Rape Crisis Centres

The OCRCC's membership includes sexual assault centres from across Ontario, offering counselling, information and support services to survivors of sexual violence, including childhood sexual abuse and incest.

- Website: [www.sexualassaultsupport.ca/](http://www.sexualassaultsupport.ca/)

### Other helpful sites...

- The Learning Network on Violence Against Women
- Make it Our Business: On workplace harassment
- Aboriginal Sexual Violence Action Plan
- It's Never Okay: Ontario's Sexual Violence Action Plan