



# YOU ARE NOT ALONE!

Lanark County Interval House and Community Support offers emergency and on-going programs to women and children living in or escaping from domestic violence.

We were founded in 1979 by a number of brave and determined feminists who saw the need in Lanark County for a safe place for women experiencing violence at home and in their relationships.

## Our Mission Statement

All women and their children have the right to live a life free of sexual and domestic violence. We will provide protection, support, safer options and advocacy toward the elimination of violence against women.

## WE SUPPORT SURVIVORS!

Help us end violence in our community.

Believe survivors; do not judge them and do not blame them.

Challenge victim-blaming messages and other societal messages that normalizes violence and inequality.

Volunteer in one of our many programs. Visit: [www.lcih.org/volunteering](http://www.lcih.org/volunteering) or email [volunteer@lcih.com](mailto:volunteer@lcih.com)

Host a fundraiser in support of LCIHCS! Invite friends & family to raise money and awareness of violence against women. Email [cathie.mccormond@lcih.com](mailto:cathie.mccormond@lcih.com)

Donate so we can continue to offer this critical support to our community.

Donate to and shop at our [As Good As New Thrift Store](#): 33 Bridge Street in Carleton Place! 613-257-7074

## We are here for you.

Crisis Line: 613-257-5960

TTY: 613-257-1952

Outreach: 613-253-3336

Administration: 613-257-3469 [info@lcih.com](mailto:info@lcih.com)

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



**1-800-267-7946**

24 Hour Crisis Line



**Lanark County  
INTERVAL HOUSE  
and Community Support**

***The only dedicated anti-violence agency in Lanark County supporting women and their children impacted by violence***



[www.lcih.org](http://www.lcih.org) [LanarkCountyIntervalHouse](#) [info@lcih.com](mailto:info@lcih.com)







## Our Programs

We offer programs that are free and confidential. Support is provided without judgement. We are a queer positive, anti-racist, anti-oppression, feminist organization and work from a harm reduction model. All of our programs are accessible, including our shelter space. We do our very best to overcome any barrier a woman might have that would make it difficult for her to leave her abusive partner or home.

We offer a range of programs. For more information on the programs listed below and additional programs like the Perseverance Pantry, Second Stage and Beyond Second Stage Housing, Victim Advocate and more please visit our website, [www.lcih.org/programs](http://www.lcih.org/programs)

- Child and Youth Program 613-253-3336 (225)
- Family Court Support 613-257-3469 (59)
- Public Education 613-253-3336 (227)
- Sexual Assault Support 613-253-3336 (222)
- Suit Yourself Program
- Women's Programs:  
Carleton Place: 613-253-3336 (221 or 223)  
Perth (Highlands) Office: 613-326-0178

## Statistics

3,025

CRISIS  
CALLS

460

WOMEN &  
CHILDREN  
SERVED

52

WOMEN IN  
ONTARIO  
DIED BY  
FEMICIDE IN  
2022

17%

OF THE  
FEMICIDES  
WERE IN RURAL  
COMMUNITIES

52 in 52  
52 women, mothers, daughters, sisters  
and friends were taken by femicide in  
2022.



Scan the QR code  
for a list of local  
resources

## See It, Name It, Change It!

In 2022, we re-launched the See It, Name It, Change It Campaign. This campaign starts a conversation, provides education about violence in relationships, offers resources, and encourages healthy alternatives for all community members.

This is a simple concept, much like the one we all learned in school about fire safety: Stop, Drop, and Roll.

If you see violence, and you can name it, you can take the first step to change it

END DOMESTIC VIOLENCE



FOR HELP OR INFORMATION:

LANARK 1-800-267-7946 = LCIH.ORG

L & A 1-800-667-1010 = INTERVALHOUSEANAPEE.CA

LEEDS & GRENVILLE 1-800-267-4109 = LCIH.CA