

## You are not alone!

Since 1977, we have worked with dedication and passion to support women and children living with violence and abuse.

We strive to create a community where everyone can live in safety, with dignity, and be treated equally. We do this by offering a safe place, support, food & shelter, safety planning, counselling, public education, outreach services, and advocacy.

We serve all Lanark County communities including Almonte, Beckwith, Carleton Place, Lanark Highlands, Perth, Smiths Falls, and all rural areas in between. All of our services are *free of charge*.

## We support survivors of *all types of abuse*

All forms of abuse are harmful and are a part of a systematic pattern of behaviour. It is about having power and control over another person. We take all types of abuse seriously and offer support. Types of abuse include:

- Emotional/Psychological/Verbal
- Financial
- Sexual
- Physical
- Technological (ie. cell phone, social media)
- Stalking/Harassing
- Manipulation, Intimidation and Threats
- Using legal system to continue abusing
- Social (ie. isolating from family/friends)

*\*Please call us to discuss any type of behaviour you may be concerned about\**

**24-Hour Crisis Line:  
1-800-267-7946**

## How you can help end violence

- **Believe survivors; don't judge them and don't blame them.**
- Challenge victim-blaming messages and other societal messages that reinforce sexism, racism, homophobia, transphobia, classism, ageism, ableism, and anything that normalizes violence and inequality.
- Learn more and get involved. **Violence against women is a *community issue*.** Host an education presentation with our Public Education Program.



## How you can help LCIH

- 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 LCIH! Invite friends & family to raise money and awareness of violence against women. Email [fundraising@lcih.com](mailto:fundraising@lcih.com) *before* setting up your event.
- Donate so we can continue to offer this critical support to our community free of charge. Visit our website or mail a cheque.

**Cheques payable to "Lanark County Interval House" can be mailed to:**

**P.O. Box 107**

**Carleton Place, ON K7C 3P3**

- Donate gently-used items to the **As Good As New Thrift Store**: 33 Bridge Street, Carleton Place | 613-257-7074



& Outreach Services

*The only dedicated anti-violence agency in Lanark County supporting women and their children in managing and fleeing violence and abuse*

**24-hour Crisis Line:  
1-800-267-7946  
or 613-257-5960  
TTY: 613-257-1952  
Outreach: 613-253-3336  
Administration: 613-257-3469**

**info@lcih.com  
www.lcih.org**

All women are welcome



## Emergency Shelter

LCIH has a 15-Bed Emergency Shelter where a single woman or a woman and her children can access a safe place to stay, free from violence and abuse. The shelter offers a number of resources for women and children. The stay is voluntary and there is no cost to access the shelter and its services.

## Counselling

LCIH follows a Harm Reduction, Anti-Racist, Anti-Oppression approach in the counselling services offered that is rooted in respecting women's choices.

## Safety Planning

LCIH works with each person to ensure safety planning is right for their needs. LCIH supports women and works with them in the creation of their individual safety plan.



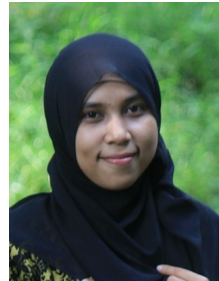
## Systems Navigation

LCIH supports women as they go through different systems by advocating, referring, and in some instances accompaniment to appointments. Examples include: finances, housing, and the legal system.

## Community Outreach Services

LCIH outreach support services are offered to women who have experienced abusive relationships. All services are free and confidential. This support includes:

- Counselling Support
- Safety Planning
- Referrals and Support
- Support Groups



For full details on the services offered within this program call:

**613-253-3336 ext. 12**  
**Perth: 613-326-0178**

## Children and Youth Outreach Services

For children & youth 4-18 years of age who have witnessed or have experienced abuse in the past or presently. LCIH provides a safe environment where they can:

- Express thoughts, concerns & feelings
- Learn conflict resolution skills & appropriate ways to express anger
- Develop Safety Plans
- Learn about abuse & feelings through art, role playing games & videos in support groups

**Call 613-253-3336**  
**ext. 15**  
for more information



## Public Education

We provide free training and workshops to schools, agencies, workplaces, and other groups. Training includes education on:

- Violence Against Women
- Healthy Relationships
- Gender & the Media
- Safety & Technology
- Domestic Violence & Impacts on Children
- How Community & Friends can Help

**Call 613-257-3469 ext. 27**  
for more information



## Sexual Assault Support

This program is designed for women who have been affected by sexual assault or childhood sexual abuse. Services include:

- Support Groups for Survivors
- Counselling Support
- Information and Referrals
- Safety Planning

**Call 613-253-3336 ext. 11**  
for more information



To order more LCIH brochures, call 613-257-3469 ext. 27  
Last updated March 2017

Emergencies.....	911
Lanark County OPP Dispatch..	1-888-310-1122
Carleton Place OPP Direct.....	613-257-5610
Perth OPP Direct.....	613-267-2626
Smiths Falls Police.....	613-283-0357
Sexual Assault & Domestic Violence Medical Services Program.....	613-283-2330 x 1258
Public Health Unit.....	1-800-660-5853
Children's Aid Society.....	1-866-664-9991
Kids Help Phone.....	1-800-668-6868
Victim Witness Assistance.....	1-866-296-0166