

National Day of Remembrance & Action
on Violence Against Women

Ways We Can Effect Change

- Learn non-violent ways to think and speak about ourselves and others.
- Educate ourselves and the groups we belong to, about violence against women.
- Speak out against comments and "jokes" that degrade women.
- Take an active stand against businesses that sell pornography or use offensive advertising.
- Reach out to abused women in a supportive, non-judgmental way.
- Support organizations working against violence such as Transition Houses and Women's Centres.

Nelson District Women's Centre

Operational funding provided by the Ministry of Women's Equality,
Province of British Columbia

December 6, 1993

4th Anniversary of the Montreal Massacre

Violence against women effects all of us:

- 51% of Canadian women have been assaulted since the age of 16
- 29 % of married women have been assaulted by their husbands
- 21 % of women assaulted by their husbands were attacked during pregnancy
- 39% of children in violent marriages have witnessed an assault

(Statistics Canada, 1993)

Community Resources

Nelson Community Services Centre - 352-3504

24 hour Crisis Line
Safe Home Program for women & children
Counselling services for women , children, and groups
for assaultive men

Nelson District Women's Centre - 352-9916

Drop-in for women
Support Groups for women
Resource library and files

Advocacy Centre - 352-5777

Legal information & advocacy
Specialized services for women victims of violence

Please contact the above agencies for additional information and other resources.