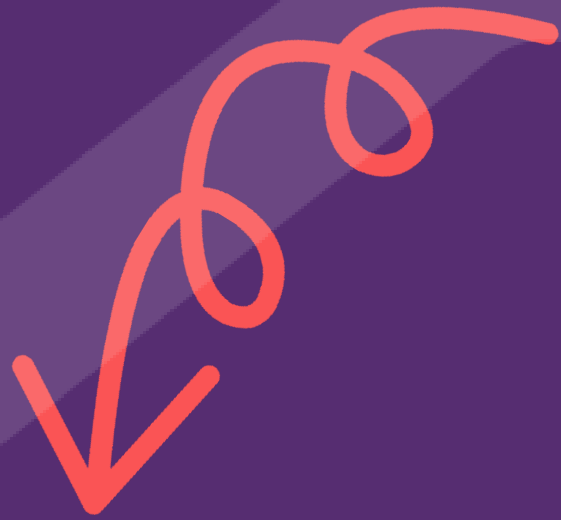


When home  
isn't **safe**



# Reach out to a **violence against women service or shelter near you**

During the COVID-19 pandemic, it can feel as though you are all alone, but **across Ontario shelters, services, and supports are available to help you** and your children cope and stay safe.

Find a women's shelter- [sheltersafe.ca](https://sheltersafe.ca)

Find a sexual assault centre-[sexualassaultsupport.ca](https://sexualassaultsupport.ca)

**Assaulted Women's Helpline- 1-866-863-0511**



[www.oaith.ca](https://www.oaith.ca)