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
Find a sexual assault centre-sexualassaultsupport.ca
Assaulted Women's Helpline- 1-866-863-0511

www.oaith.ca