Are You in an Abusive Relationship?

HOW TO ESCAPE DOMESTIC AND INTIMATE PARTNER VIOLENCE

Domestic violence is *never* the victim's fault. There are people and organizations who are there to support and help you. *You are not alone.*

What Is Domestic or Intimate Partner Violence (D/IPV)?

Domestic or intimate partner violence involves any violent, threatening, controlling, or coercive behaviour between family members and chosen family or current/former relationships. Abusive behaviour can be obvious, but it can also be difficult to spot. Typically, D/IPV is a pattern of behaviour that seeks to exercise power and control over another person.

Types of Abuse Include

- **Physical:** assaults you (e.g., hitting, pushing, kicking, pinching, spitting, etc.), denies access to medications or medical care, withholds food or water, is violent with objects around you (e.g., throwing or breaking items).
- **Psychological** (i.e., emotional): insults or humiliates you, isolates you from family and friends, uses threats (e.g., to leave, to destroy property, to release intimate photos, to self-harm, to harm others, etc.), video records you without consent, takes your phone.
- **Sexual:** unwanted, nonconsensual sexual activity, controlling or sabotaging birth control, or forced pregnancies.
- **Financial:** controls your money, tells you how to spend or not spend money, and denies you access to shared finances.
- **Spiritual:** Forces religious or cultural beliefs/practices upon you or restricts you from your cultural beliefs/practices.

Most importantly, **trust your instincts** about your situation and your relationship.

If your relationship does not “feel right,” safe, or loving, you may want to have a plan to get away. You may be afraid to leave the relationship for many reasons, and **your feelings are real and important.** Planning ahead is important if or when you are ready to leave.



Here Are a Few Things You Should Consider

Planning to Get Away

- **Do not tell your abuser your plan to leave.** Delete any conversations about your departure details with other people, including those through text and social media. Ensure your browsing history is deleted or kept private using incognito browsers. Additionally, clear all search history from social media platforms that might tip off your abuser.
- **Build a support network.** Inform trusted friends or family of the abuse and your plan to leave. Create a list of phone numbers of people you trust so you can quickly reach out for support in an emergency.
- **Share your phone number and home and escape address with your support network** so they can assist if necessary, and share your location with a trusted person. This might include calling the police, Tribal Security, a Mental Wellness Team, a trusted Elder, a Family Violence Prevention Worker, or another trusted entity. These individuals or groups can provide immediate protection, help with safety planning, and connect you with essential resources. While some officers are trained to respond to emergencies and assist with restraining orders, it's important to choose the support option you feel most comfortable with.
- **Be ready to leave at any time.** The right moment to escape could arise unplanned. It is important to have bags packed for you and anyone you plan to take with you — ensure these are kept in a location that is out of sight or cannot be accessed by your abuser. It is a good idea to gather key documents such as your driver's license, status card, birth certificates, passports, health cards, and financial records, as these can be hard to replace.
- **Have a plan of where you will go once you leave.** Make plans to stay with someone you trust or contact a transition house. Information on transition houses is available in this pamphlet.
- **Do not tell your children (if applicable) that you are leaving until it is safe.** They may be confused at first, but it is the safest option.

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Following Departure

- **Avoid social media.** Your abuser or someone they know could see your location or who you are with.
- **Ensure device trackers are turned off** (e.g., “Find my iPhone”).
- **Consider changing your phone number and email address** to prevent unwanted contact.
- **Change your banking information if necessary.**
- If your abuser knows where you work, consider whether it’s safe to **inform your employer about the situation.** If it feels safe and appropriate, you can provide a photo and other identifying information. Be mindful of potential risks, and seek advice or support from a trusted resource if you’re unsure.
- **Consider pursuing a peace bond or restraining order.** In many cases of D/IPV, some form of legal protection may be necessary. A peace bond is a court order requiring someone to keep the peace and follow certain conditions, and it can often be obtained without formal legal representation, making it more accessible for many community members. A restraining order, on the other hand, is a more formal court order that typically requires legal representation and is used to prevent an abuser from contacting or approaching you. If additional protection is needed — such as stopping your abuser from going to your workplace, contacting the children, or taking them out of the province without court approval — these legal options can provide safeguards. You can also request that school staff are informed to prevent the abuser from picking up the children.
- **Seek out support.** Whether through counselling services, support groups, or trusted family and friends, help can guide you or any children involved through this difficult time. D/IPV can deeply impact your health, as well as the health of any children involved, often with long-lasting effects even after the relationship ends. It is never too late to connect with a mental health professional to address the impact of traumatic events. For eligible First Nations and Inuit individuals, the Non-Insured Health Benefits (NIHB) program provides coverage for mental health counselling sessions with registered professionals.

Resources

- The Government of New Brunswick Social Services Department provides many temporary financial assistance programs for Indigenous victims.
- Transition houses are a free service, with many located across the province. They provide short-term housing for individuals escaping abusive relationships. Second-stage housing is another option for those who need longer-term support. These programs offer safe, affordable housing, support groups, and individual counseling, all in a healing environment, helping individuals transition to greater independence.
- The New Brunswick Legal Aid Services Commission assists low-income individuals with family law issues, focusing on urgent cases or those benefiting children. It does not cover real estate, adoption, immigration, or civil lawsuits. Contact your local Legal Aid office for details on eligibility and applying.

Transition Houses

- **Gignoo Transition House**
  Indigenous-focused and operated
  24-hour support line: 1-800-565-6878
  Phone: (506) 458-1236
  Local Crisis Line: (506) 458-1224
  Email: info@gignoohouse.ca

- **L'Accueil Sainte-Famille Inc.**
  PO Box 3685
  Stn Main Tracadie-Sheila, NB
  E1X 1G5
  Phone: (506) 395-1500
  Phone: (506) 395-6233 *(For women who need services but do not need a place to stay)*
  Email: acstefam@nbnet.nb.ca
  www.accueilstefamille.com

- **Crossroads for Women**
  PO Box 1247
  Moncton, NB E1C 8P9
  Crisis Line: (506) 853-0811
  Phone: (506) 857-8028
  Email: admin@crossroadsforwomen.ca
  www.crossroadsforwomen.ca

- **L'Escale MadaVic**
  PO Box 411
  Edmundston, NB E3V 3L1
  Phone: (506) 739-6265
  www.escalemadavic.com

- **Fundy Region Transition House**
  PO Box 73
  Saint Stephen, NB E3L 2W9
  Crisis Line: (506) 466-4485
  Outreach Service: (506) 469-5544
  Email: frth-outreach@nb.ainb.com
  www.fundyregiontransitionhouse.com

- **Hestia House**
  PO Box 22080
  Saint John, NB E2K 4T7
  Crisis Line: (506) 634-7570
  Phone: (506) 634-7571
  Text only: (506) 566-6667
  Email: info@hestiahouse.ca
  www.hestiahouse.ca

- **Maison Notre Dame**
  PO Box 158
  Campbellton, NB E3N 3G4
  Phone: (506) 53-4703
  Email: maisonnotredame@nb.aibn.com

- **Miramichi Emergency Centre for Women**
  PO Box 249
  Miramichi, NB E1V 3M3
  Phone: (506) 622-8865
  Phone: 1-888-836-1016
  Email: mecwstaff@nb.aibn.com
  www.emergencycentreforwomen.com

- **Woodstock Sanctuary House**
  PO Box 4294
  Woodstock, NB E7M 6B7
  Phone: (506) 325-9452
  Phone: 1-866-377-3577
  Text only: (506) 323-2851
  Email: woodstocksanctuaryhouse@gmail.com

- **Passage House**
  PO Box 1284
  Bathurst, NB E2A 4J1
  Phone: (506) 546-9540
  Email: passagehouse@nb.aibn.com

- **Serenity House**
  7714 route 134
  Sainte-Anne-de-Kent, NB E4S 1H5
  Phone: (506) 743-1530

- **Sussex Vale Transition House**
  PO Box 4862
  Sussex, NB E4E 5L9
  Crisis Line: (506) 432-6999
  Phone: (506) 433-1649
  Text only: (506) 435-1689
  www.sussexvaletransitionhouse.com

- **Women in Transition House**
  PO Box 1143
  Fredericton, NB E3B 5C2
  Crisis Line: (506) 459-2300
  Phone: (506) 457-2770
  Email: transhouse@nb.aibn.com
  www.womenintransitionhouse.ca

- **Residence of Hope, Beauséjour Family Crisis Resource Centre**
  432 Main Street
  Shediac, NB E4P 2G5
  Phone: (506) 533-9100
  Email: crcfb@nb.aibn.com
  www.healingstartshere.ca

- **Family Violence Prevention Program**
  Neqotkuk (Tobique First Nation)
  Phone: (506) 273-5541

Second Stage Housing

- **Crossroads for Women, Second Stage**
  PO Box 1247
  Moncton, NB E1C 8P9
  Phone: (506) 857-3515
  Email: admin@crossroadsforwomen.ca
  www.crossroadsforwomen.ca

- **Kent Centre for the Prevention of Violence**
  PO Box 511 Stn Main
  Sainte-Anne-de-Kent, NB E4S 5G2
  Phone: (506) 743-5449
  Email: directrice@centrepreventionviolence.com
  www.centrepreventionviolence.com

- **Liberty Lane Inc.**
  PO Box 1441 Stn A
  Fredericton, NB E3B 5G2
  Phone: (506) 451-2120
  Email: llf.norma@bellaliant.com
  www.libertylane.ca

- **Second Stage Safe Haven**
  PO Box 27122
  Saint John, NB E2M 5S8
  Phone: (506) 632-9289
  Email: refuge@nb.aibn.com

Other Provincial Resources

- **Social Services New Brunswick**
  Social Development
  Bouctouche MicMac Band
  9 Reserve Road, Bouctouche, NB E4S 4G2
  Phone: (506) 743-2520

- **Social Development**
  Eel Ground
  47 Church Road,
  Eel Ground, NB E1V 4E6
  Phone: (506) 627-4668

- **Social Development**
  Eel River Bar First Nation
  11 Main Street, Unit 201
  Eel River Bar, NB E8C 1A1
  Phone: (506) 684-6277

- **Social Development**
  Pabineau First Nation
  1290 Pabineau Falls Rd.
  Pabineau First Nation, NB E2A 7M3
  Phone: (506) 548-9211 ext. 128

- **Social Services**
  Tobique First Nation
  278 Main Street,
  Tobique First Nation NB E7H 2Y8
  Phone: (506) 273-5423

- **Housing and Capital**
  Eel River Bar First Nation
  11 Main Street, Unit 201
  Eel River Bar, NB E8C 1A
  Phone: (506) 684-6345

- **Social Assistance**
  Kingsclear First Nation
  71 French Village Road,
  Kingsclear First Nation, NB E3E 1K3
  Phone: (506) 63-3028 ext. 124

Family Legal Services

- **Family Law NB**
  Email: info@familylawnb.ca
  www.familylawnb.ca

- **New Brunswick Legal Aid Services Commission**
  500 Beaverbrook Court, Suite 501
  Fredericton, NB E3B 5X4
  Phone: (506) 444-2776
  Fax: (506) 462-2290
  Email: info@legalaid.nb.ca

- **Family Law Information Line**
  Monday to Friday, 8:30am – 4:30pm
  Phone: 1-888-236-2444
  Phone: 1-506-453-5369
  A toll-free line operated by PLEIS-NB.

- **For the Sake of the Children**
  Toll-Free: 1-888-281-8081
  Email: FTSOTC@gnb.ca

- **Family Law Information Centre (FLIC)**
  Moncton Law Courts
  145 Assomption Blvd, First Floor
  Moncton, NB E1C 0R2
  Monday to Friday, 8:30 am – 4:30 pm
  Phone: (506) 856-2307
  Family Advice Lawyer: (506) 856-3131

- **Family Law Information Centre (FLIC)**
  Saint John Law Courts
  10 Peel Plaza, Level 2 Floor
  Saint John, NB
  Monday to Friday, 8:30am – 4:30pm
  Phone: (506) 658-2261
  Family Advice Lawyer: (506) 658-2261

- **Family Advice Lawyers**
  Phone: 1-855-266-0266
  Moncton Region: (506) 856-3131
  Saint John Region: (506) 658-2261

Court-Ordered Evaluations

- **Support Program (C-OESP)**
  Email: COESP@gnb.ca
  www.familylawnb.ca

- **Office of Support Enforcement (OSE)**
  Toll-Free: 1-888-488-3767
  Fredericton clients: 444-3767
  Outside NB: 1-506-444-3767
  OSE (general inquiries):
  Toll-Free: 1-844-673-4499 (*24 hours*)
  www.gnb.ca/OSE *(register to access your file online)*

- **Non-insured health benefits (NIHB) for First Nations and Inuit**
  Atlantic (NL, NS, PE, NB)
  Non-Insured Health Benefits
  40 Havelock Street
  Amherst NS B4H 3Z3
  Toll-Free: 1-800-565-3294
  Email: nihb-atlfnihb@sac-isc.gc.ca
  (do not send claims by email)
  Website

New Brunswick Law Foundation
Fondation pour le droit au Nouveau-Brunswick

WOLASTOQEY TRIBAL COUNCIL INC.