



PROTECTING *Our* women

Reintegration, Safety
and Success

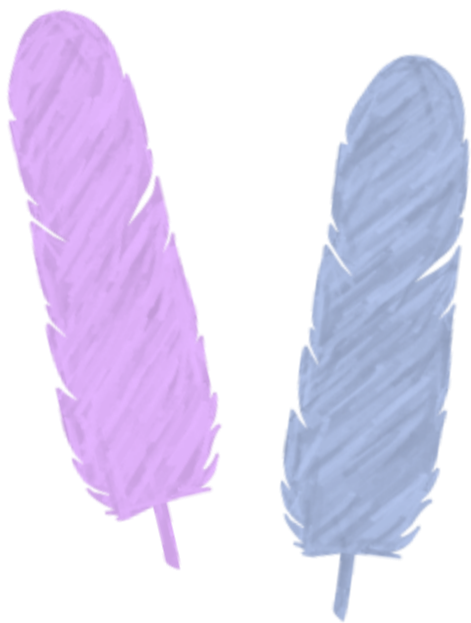
A Toolkit for Women Leaving Incarceration



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**Status of Women
Canada**

**Condition féminine
Canada**

Tansi! Boozhoo! Hou Koda!

The following toolkit and workbook has been developed to assist, inform, and guide Indigenous women exiting incarceration with hopes it can reduce stressful, harmful, and unsafe experiences. This book should not be consulted in substitute for professional medical or legal advice. The information compiled within has been done so with the help of women exiting custody, as well as the staff of the Elizabeth Fry Society of Manitoba in partnership with the Southern Chiefs' Organization and Ka Ni Kanichihk. This toolkit has been designed to assist individuals and communities working with or supporting women who will be relocating to, or living temporarily in Winnipeg, following their release from a correctional facility.

It is important to keep in mind that there is an added vulnerability for Indigenous women and girls leaving a custodial institution, as there is a significant lack of resources to address the many challenges women and girls face. Although this is the case, there are some excellent resources out there to help you – check out the resource guide¹ included in this toolkit.

The toolkit will cover nine important areas and has been written with low literacy and/or comprehension levels in mind. The nine safety-related areas of focus are: Personal Safety; Mental Health & Emotional Safety; Physical Health & Wellness; Addictions, Recovery and Relapse Prevention; Children, Family & Relationships; Healthy Relationships; Housing; Finances; and Legal Issues.

This book is not intended, nor should it be consulted, in substitute for professional medical or legal advice.

¹ *Resource Guide and information as of January 2017. Check with listed organization for updated services.

Indigenous Women and Girls and the Justice System

Indigenous women and girls are victims of colonial violence which exists in many forms. The Justice System is a non-Indigenous way of dealing with conflict that has been imposed onto Indigenous peoples without consent. The Justice System is one of the many forms of violence controlling the lives of Indigenous women and girls every day. Indigenous women and girls are often thought to be criminals, with little consideration given to the ways in which colonialism has shaped the ways that the state interacts with Indigenous peoples. In Manitoba, up to 90% of the incarcerated female population is Indigenous. (Elizabeth Fry Society)

Foreign laws have been forced onto the lands and bodies of Indigenous peoples and has created the idea that Indigenous peoples' – and women in particular – are unimportant. Of course, this is not true – Indigenous women and girls are important and valued members of our communities, and it is important that we challenge opinions that devalue our minds, bodies, and spirits. We all have responsibilities and relationships that are important to who we are as Indigenous women and girls, and we must center those on all of our journeys.



Personal Safety

Most women have places they feel comfortable and safe in. On the other hand, most women also have places where they do not feel comfortable or safe. This could mean a neighborhood or area of the city, a particular person's house or address, or a public space such as a mall or park. It is important to be alert and aware of your surroundings when you are out and about.

Remember that getting out of custody may take getting used to, especially if you have been incarcerated for a long time. Take your time in getting back into a routine, and let someone you trust know where you are going.

Sometimes it is best not to go out at night if you are alone, and it is important to know if there are neighbourhoods or places in the city that may trigger you if you have a substance addiction. Stay away from these places and always call someone you trust if you need help!



Why Talking About Personal Safety Is Important When Exiting Custody

As Indigenous women and girls, the experience of feeling unconditionally safe is an experience that does not happen often enough – we are rarely able to just *be*. Because of this, it is important to open dialogue about the steps we can take to keep ourselves safe, or to at least be able to recognize situations that are unsafe and remain aware of our surroundings.

Indigenous women and girls are often limited to a description of their criminality – meaning the outside world cannot see past the actions that resulted in a person's incarceration. It is important to confront this myth and ensure that Indigenous women and girls are able to get the skills and knowledge to make their lives safer, happier, and healthier. Confronting the myths about Indigenous women and girls also means understanding that Indigenous women and girls face extreme violence and are often left vulnerable to colonial systems that re-create oppression and discrimination. This re-creation of oppression and discrimination means that Indigenous women and girls experience more situations that are unsafe, are at greater risk of becoming addicted to alcohol or drugs, and are exposed to being targets of exploitation.

It is important to confront the myths about Indigenous women and girls, and ensure that Indigenous women and girls are able to get the skills and knowledge to make their lives safe, happier and healthier.



Recognizing Danger

Women who have recently been released from custody may be at greater risk for danger due to lack of housing, lack of supports, and lack of resources.

Always have multiple plans of action in case you find yourself in an unsafe situation – always have a plan for safe travel such as taking the bus, calling a taxi, booking a community safe ride, or getting a ride from a friend or relative. Women should try to work with supports to develop a release plan before they get out of jail to find out specifically what each woman needs in order to feel safe. Some women may need more help or support than others, and it is important that release plans are tailored to meet each woman's needs individually.

Women should remember to trust their guts – if you feel like you are in a bad situation, you probably are, and it is important to exit the situation as quickly as possible **without** putting yourself in danger.

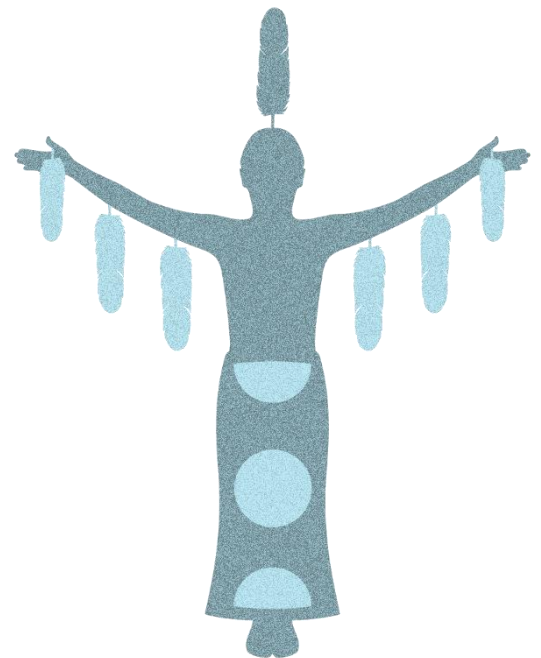
Recognizing that not all women are comfortable or feel safe calling the police, it is very important to have a support person you can call in an emergency so they can assist you in getting the right support.

It may not be a good idea to keep your identification with you, as purses and wallets often go missing, especially if you do not have stable housing. Keeping a photocopy of your IDs is much safer. The Elizabeth Fry Society will keep your IDs safe, so make an appointment to drop them off and have them added to your central file.

Spiritual Safety

Having a spiritual belief system can be helpful for many women when they are coming back into the community from custody. With respect to safety, there are some things to consider:

- Do not allow anyone to prevent you from accessing spiritual care, ceremony, or other cultural spaces. If this is occurring, speak with your lawyer or a support that can help you.
- Do not attend ceremonies you are not comfortable with. Some women are comfortable attending women-only ceremonies and that is OK.
- It is OK to be uncomfortable with the way certain people do ceremony (can be traditional or religious) because it may be done differently than how you were taught or have experienced. Remember to be respectful of the others who are there, and ask supports to help you in finding other ceremonies in the community you can attend.



Mental Health and Emotional Safety

Being incarcerated is a traumatizing experience, and it is understandable to feel uneasy or anxious about leaving custody. Taking care of your mental and emotional health is important for overall safety, because mental health is linked to our overall health and wellbeing.

Do not feel shame or feel embarrassed if you have concerns about your mental health, or if you are struggling with your emotions. Emotions can be difficult for everyone to deal with and it is important to develop healthy ways of dealing with your emotions!

Talking to a person you trust, such as a positive family member, friend, or support person in the community can be a good start to figuring out what you need to do. If it helps, draw out a map of the things you need to do in order to accomplish your goals and give a copy to someone you trust so they can check in with you and keep you on track.

Never feel ashamed or embarrassed if you have concerns about your mental health

If you're feeling concerned:

- Go to the Crisis Response Centre located at 817 Bannatyne Avenue if you are in immediate danger or are concerned about your own health and safety or the health and safety of others around you.
- If you are connected with a community agency, don't be afraid to call and speak to someone you trust and are comfortable with.

Don't forget! Important phone numbers for crisis lines can be found at the end of this book – don't be afraid or feel embarrassed about needing to use them!

Having a Mental Health Worker/Therapist/Psychiatrist

Getting connected with a mental health service provider can be helpful in learning about emotional challenges you might be facing and possible diagnoses. If you are covered under **First Nations Inuit Health Benefits (FNHIB)**, there is a list of service providers you can access without a referral who are covered under FNHIB. All you need to do is call and make an appointment. You can also get connected through your family doctor – if you need a family doctor, call the **Family Doctor Finder Program** and they can assist you. You can find contact information for both programs in the resource guide at the end of this book.

Medications

If you were on medications when you were in custody, or if your medications were changed when you were in custody it is important to contact your Family Doctor or mental health care provider as soon as possible after your release for a check-up.

Some psychiatric medications are not available in custody because they are considered “narcotics.” If you were on these medications, it is important to talk to your mental health care provider and see if the medications you were on are still needed, and if they are, it is important to get back on them as soon as possible.

If you were given medication when you left custody, take it with you to your appointment so your mental health care provider knows exactly which medications and the dosage you have been taking. Make sure to contact a pharmacy as soon as you are released to ensure you can continue receiving your medications until you see your doctor!

If you have concerns about your medication, it is important to voice these concerns to your mental health care provider and your family doctor. If you have questions, make a list before you get to the appointment or have someone help you if you are nervous about attending the appointment.

**If you need a family doctor,
call the Family Doctor Finder
Program at 204-786-7111 or
toll free at 1-800-690-8260
and they can assist you.**

Spirituality & Mental Health

Having access to spiritual care is so important when you return to the community. If you're looking to attend ceremony after your release, the Elizabeth Fry Society holds sweats once per month for women involved with the justice system only. You can call their office at 1-204-589-7335 or toll free at 1-800-582-5655 to find out when the next Sweatlodge Ceremony is happening. You can also drop by their office for traditional medicines Monday through Friday between 9 am and 3 pm.

Talk About It!

There may be many reasons for wanting to discuss your feelings after getting out of custody and it is important to express these feelings in a healthy way. Using violence against yourself or others is never a good approach.

Find a person you feel safe and are comfortable with – it could be a friend, family member, Elder, or support person from an agency.

You are not required to tell anyone you have just been released from custody. It is normal to feel anxious when you are released, and sometimes it feels like people are watching you or staring – take a few deep breaths, stay calm, and carry on with your day.



Having someone to talk to can be comforting, but not everyone who supports us understands how to deal with all of the struggles we might be having.

It's great if people can listen, but don't expect everyone to have the answers you are looking for. If you are really concerned about the feelings you have, it might be good to seek professional help from a therapist or psychiatrist. Waiting lists for this kind of help can be long, so prepare yourself for that when you make an appointment. While you're waiting, look for other resources and make a plan!



Physical Health & Wellness

Feeling physically safe and health can contribute to your success no matter what your goals are. **Remember that safety is a feeling you have – a feeling where you are able to recognize that there are few risks of danger or harm.**

Because of historical trauma and past abuse, some women, especially those who have been in custody, have difficulty regulating their feelings of safety. This means that they are stuck in the “fight or flight” feeling, sometimes all of the time, which can cause a person to feel overwhelmed, anxious, or even very angry. If this is something you are experiencing, it is important to speak to an Elder or therapist you are comfortable with to try and address some of these feelings, and to help you learn how to recognize what is truly safe or unsafe.



When thinking about safety, it is not just about safety of the self – it is about safety for all things around us and we must be respectful of ourselves, of others, of the land and all living beings sharing the space with us.

Family Doctors

Having a family doctor will help contribute to your overall physical safety and wellbeing as long as you maintain regular contact when you are out of custody.

If you have a history of alcohol or drug use, or know about a family history of diabetes or cancer, it is important to be honest about these things with your doctor.

If you do not have a family doctor, you can contact the **Family Doctor Finder Program** at 1-204-786-7111 or Toll Free at 1-866-690-8260 Monday through Friday between 8:30 am and 4:30 pm. Be prepared to answer some questions, and they will work with you to find a health care provider in your area who best meets your needs.

If you are frustrated with your health care provider or feel you have been treated unfairly, it is important to speak with an advocate (such as a staff person at a community organization you're comfortable with) to resolve this and to make sure your concerns about your health are taken seriously.

Medications

- Never use another person's medications or share your medications with others – this is dangerous!
- Selling your medications or stealing medications could send you back to custody!
- Keep your medications in a safe place away from children and other visitors.

Addictions, Recovery, and Relapse Prevention

If you suffer from an addiction, managing it and focusing on harm-reduction is an important part of being and staying safe. Using drugs and alcohol can lead to dangerous situations, and can cause us to commit crimes that put other people in danger.

Relapse Prevention

Relapse prevention contributes in a big way to our safety and the safety of others because it **is about creating a pro-active plan** to prevent relapse.

When thinking about relapse prevention, you must be aware of your triggers and behaviors that lead to abusing substances.

Relapse Prevention involves:

- Thinking about making changes to your behavior
- Recognizing triggers

Work with an addictions counsellor or other support in the community to develop a relapse prevention plan that works for you.



Sobriety Maintenance

If you are ready to create a **sobriety maintenance plan**, you are probably at a place where you are making safe and positive lifestyle choices, which is really important to staying sober. Sobriety maintenance plans focus on daily activities that promote the maintenance of sobriety – this means choosing daily activities that do not involve being around people or places where drugs and alcohol are easy to get or being used. This often means finding new places to socialize or hang out, and usually means finding new friends to spend your time with.

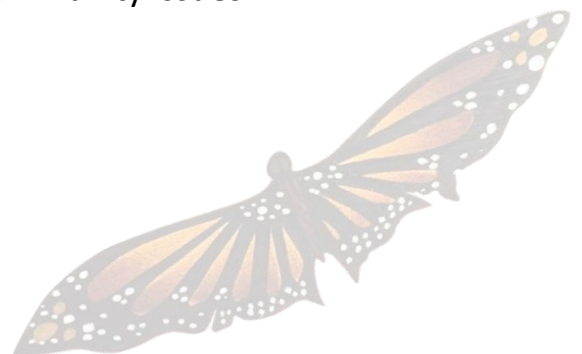
Sobriety maintenance involves:

- Working on changing your behavior
- Making changes to the activities you do
- Being present in your decisions, thoughts and actions



Your **daily activities** should still involve addressing the following needs:

- emotional security to cause positive self-action;
- self-empowerment to motivate you to live in a good way and achieve balance;
- self-sufficiency to invest in your independence; and
- community engagement where you are actively involved in an activity such as education, volunteering, or advocacy on community issues.



Detox Centers

If you have a slip up, do not be ashamed or embarrassed. The intake process to get into detox can be very frustrating and time consuming, but it is important to stay on track and have all of the forms filled out by your doctor for the intake nurse at the detox program.

There are two programs available for detox in Winnipeg:

- Main Street Project (call 204-982-8257)
- The Addictions Unit at the Health Science Centre (call 204-787-3843)

If you need help making an appointment, you can come to the Elizabeth Fry Society or call their Provincial Reintegration Worker (204-589-7335) to assist you in getting an intake appointment.

Ask a support you trust to help you create a relapse prevention plan that works for you.



Children, Family, and Relationships

One of the first things many women want to do when they are released is spend time with their families and friends. It is important to make those connections, and it can be hard if your family lives on reserve and you can't see them right away but in time you will. Take time to be with your family, friends and children when you are released and tell them about your goals – they will be happy to know what your plans are and how they might be able to support you!



Children in Care

Reconnecting with your children, family, friends, or partners can be both challenging and exciting experiences when you are released from custody. Unfortunately, these experiences are not always easy and may have barriers because of involvement with Child and Family Services (CFS) or no-contact orders which prevent you from seeing or speaking to family or friends. Even though it is frustrating, it is important to follow the rules to prevent further harm or consequence to yourself and others.

Do not be discouraged!

Getting custody of your kids back can be a long process but with time, energy, and dedication **you**

Access Visits

Getting access visits with your children if they are in CFS care can be very frustrating and often takes a lot of time and effort. If you are on an order such as a bail recognizance or probation order, have your visits at an agency under supervision to avoid incidents with ex-partners or other family members.

Getting Support from a Family Lawyer

If you are involved with CFS, it is a good idea to get a family lawyer to support and represent you. CFS cases can be confusing, and it is importance to get guidance from a family lawyer on these issues.

Remember: your lawyer for your criminal charges may not be able to give you advice on family matters. You may have to get a different lawyer who practices family law to help you with these issues.

The **Public Interest Law Centre** can assist you with family law matters. You must attend their Drop-In Clinic before the Drop-In volunteers can refer you to the **Family Law Clinic**. The Public Interest Law Centre is located at 200 – 393 Portage Avenue in Winnipeg. You can call them at 1-204-985-8540 to ask about the hours for the Drop-In Clinic.



Healthy Relationships

Many women who have been in custody have experienced abusive relationships either directly or indirectly. Some were raised in abusive homes, some experienced abuse from a partner, and some are perpetrators of abuse themselves.

If you have had any experiences with abuse, do not feel ashamed. It is important to recognize if you have had these experiences and learn about ways to stay safe in relationships and stop abusive behavior.

Whether you are a victim of abuse or have caused harm to another person, there are programs available in the community that can teach you the warning signs of abuse and how to overcome feelings of stress, anger, or shame to build healthy relationships.

The **Elizabeth Fry Society** offers the *Women for Change* anger management program which focuses on women who have been charged with violent offences, but have also themselves been victims of abuse. The group runs 3 times per year and is a 12 week program – it is possible to take the group as part of a diversion program, meaning if you complete the group successfully your charges could be stayed.

The **Ma Mawi Wi Chi Itata Centre** offers the *Spirit of Peace Program* which are facilitated in both open and closed groups with a sharing circle facilitation style. There are groups specifically for men, women and children. The program focuses on examining family violence and violence against Indigenous women.

You can also refer to the resource guide at the end of this booklet for a list of programs and services related to family violence.

The Elizabeth Fry Society of Manitoba

204-589-7335 or toll free 1-800-582-5655

Ma Mawi Wi Chi Itata Centre

204-925-0300 or toll free 1-888-962-6294

For more information on leaving an abusive relationship visit:

<https://nwac.ca/policy-areas/violence-prevention-and-safety/you-are-not-alone/>

Housing

Finding a place to live is one of the top challenges you face when leaving custody. There are not many places available to rent, and sometimes the places that are available – like rooming houses – are not usually safe places for women to live.

Safe Housing vs. “Affordable” Housing

Safe Housing is housing where you have enough space to feel comfortable and do not have to worry about things that could make you sick or vulnerable. It also means that there are no structural problems with your house where things might be dangerous because they are broken, old, or falling apart.

Affordable Housing is housing that you can pay for. Many people have challenges where the housing they can afford is *unsafe* because it may put them in a dangerous situation or make them uncomfortable or lead to poor health.

You should always look for safe housing in an area of the city where you feel comfortable – sometimes women choose to look for housing that is outside of neighborhoods where they might feel triggered to use alcohol or drugs. This is OK! Sometimes change is good and can help us to stay on track with our goals.

If you have been released and have nowhere to go, **Siloam Mission** is an Emergency Shelter located at 300 Princess Street just past Higgins and Main. This is a dry shelter, meaning you cannot go in if you have been using alcohol or drugs.

If you have been using and need somewhere to go, **Main Street Project** offers drop-in, emergency shelter, and crisis intervention services 24 hours a day. Services are provided in a non-judgmental atmosphere and the staff are ready to work with you where you’re at.

You should always look for safe housing in an area of the city where you feel comfortable

Housing for Women Who Have Been Incarcerated

Many women coming out of custody face huge challenges in finding housing because many programs will not accept them until they have a release date or have been released. This means that women often experience a period of homelessness from the time they are released from jail until they are able to secure housing. Sometimes this means couch surfing, and sometimes it can mean making a hard, but dangerous decision to return to an unsafe environment or situation.

The **Elizabeth Fry Society of Manitoba** offers housing support to women who are released from custody to our Bail Verification and Supervision Program. If you would like to be referred to the Bail Program, call 1-204-589-7335.

Kihiw Iskwewock (Eagle Women's Lodge) is a Transitional Housing Program that provides apartment-style housing to women and their children. They also provide increased support and advocacy to their residents and offer a safe and secure housing environment. Call 1-204-989-8240 to speak to the Intake Worker.

We all need help and support from time to time – don't be afraid to ask for help when you need it.

How to Maintain Stable Housing

Most often, women who exit custody are bound by a legal order such as a bail recognizance, a probation order, or a conditional sentence order. It is common for women to have a “reside” condition, meaning there is an address listed on their order where women must live. It is important to have stable housing so that you are not at risk of breaching your order if you have to move suddenly or are evicted.

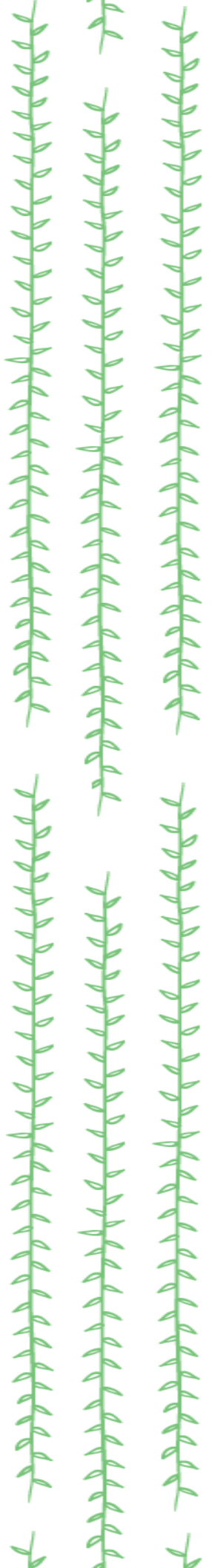
Here are some tips to maintain stable housing:

- Make sure your rent is paid on time! Having a bank account is very helpful here because you can set up what is called “direct deposit” which means the money for your rent will go straight to your landlord on the 1st of the month.
- Don’t share your address with people you do not trust. It is OK to keep this information from family and friends if you think it could cause problems for you!
- It is a good idea not to let too many people into your home - even if you want to help them out! This protects you from potential problems like bed bugs, violence and bad influences which can cause a lot of stress and unsafe situations.
- If you want to see family and friends, and you are not on absolute curfew, ask to meet you in the community for coffee in a place where you feel comfortable.

REMEMBER! It is OK to say NO. Sometimes when we are in custody for a long time, we forget that we are allowed to say “NO!” to things we are not comfortable or happy with. As long as you are respectful, it is fine to say NO or to ask questions to clarify if you are uncomfortable or unhappy with a situation.

Finances

Money and finances are not always things that come to mind when we think about being safe, but they are very important. Having your money secure and in a safe place – like a bank account – are important in order to support your independence. It does not matter if you have a job, or are on assistance, it is important that you take care of your money and learn to manage it.



Bank Accounts

Having a bank account is very important because:

- There are many types of bank accounts that can help you to save money! You can talk to a representative at the bank about how to open a bank account that works for you!
- It allows you to keep your money away from others who may pressure you to give them money or buy them things, such as family, friends, or neighbors.
- It protects you from the fees and interest that places like pawn shops or payday loan stores charge to cash your cheques! Sometimes almost half of your cheque can be gone just from these fees, meaning you have much less money left to budget for the things you need to survive.

There are organizations in Winnipeg which can help you to open a bank account, even if you don't have photo identification (I.D.) or money right away. For example, **SEED Winnipeg, Inc.** is a great organization that will assist you in getting the proper I.D. to get you started. They will also set you up with an appointment to open a bank account with financial institutions like **Assiniboine Credit Union**.

Visit **SEED Winnipeg** at 80 Salter Street or call them at 204-927-9935.

Trustees

Sometimes people need help with their money, especially if they are considered a vulnerable person. A trustee is a person or organization who helps individuals to manage their assets. In other words, a trustee is there to help you manage your money and ensure you pay for things like rent, bills, food, or clothing.

If you are a vulnerable person, having a trustee can help to ease stress and anxiety. A trustee could be a family member who you trust with your money, it should be someone who doesn't ask you to buy them things or to borrow money. It could also be someone at a bank or other financial institution.

Budgeting

Learning how to manage money is important and helps to reduce stress. **Budgeting** means looking at the total amount of money you have over a period of time – usually a monthly or weekly budget is the best and easiest way to plan. Things like rent, food, and bills should be the first items to account for when budgeting.

Affording something doesn't just mean we having money to pay for it – it also means thinking about if that purchase could impact our ability to pay our rent or bills which is very important! Sometimes we need to save up for bigger items that we want – such as an expensive pair of shoes, a cell phone, or a new television.

If you are on **Employment and Income Assistance (EIA)** benefits, you will be provided rental allowance – meaning EIA will pay your rent up to a maximum amount. This money goes directly to your landlord so it is important to get a rental form from EIA filled out as soon as possible.

When you receive your EIA benefits or pay cheque from employer, it is important to write down all of the things you will need to pay for until you receive your next cheque. Even if you utilize food banks, it is still important to budget for emergency food or to buy items you enjoy eating that are not included in the package you receive! Look for items that are on sale and make a list of the things you need to avoid overspending.

Don't forget to budget for things like taking the bus, buying gas, or doing an activity that you enjoy. Budgeting is important for keeping you safe, as it can help to ensure your rent and bills have been paid so there is less worry about eviction or problems with unsafe housing.

SEED Winnipeg, Inc. offers workshops to help you learn about managing money and they are there to help people who are low-income earners and who face a number of barriers such as women who have criminal records and sometimes face discrimination in other places such as at the bank or with credit organizations.

If you would like to make a Food Bank appointment, contact the
Winnipeg Harvest Food Assistance Line at 204-982-3600.

You will need your Manitoba Medical Card #

You can access a food bank every two weeks

You can also access emergency food on a one-time basis at the time you are
released from custody by visiting Winnipeg Harvest at 1085 Winnipeg Ave.

Education and Employment

Recognizing your skills and abilities can contribute to your overall safety and wellbeing. Everyone is good at something, and everyone has skills that could contribute to their ability to get a job or go to school.

The **Centre for Aboriginal Human Resource Development** at the **Neeginan Centre** can help you with a variety of skills building and upgrading – this can prepare you for school or in finding a job. Call them at 1-204-989-7110 to learn more.

See the Resource Guide at the end of this book for more contacts!

You can also ask the Provincial Re-Integration Worker at the Elizabeth Fry Society of Manitoba to refer you to other employment or education programs that you are interested in!

Legal Issues

Being released from custody can be an exciting and challenging experience all at once. There may be conditions you have to follow, and women who have already been in custody are at greater risk of being monitored or recognized by police.

Even if you feel like the conditions you receive in a legal order are unfair, it is important to understand them and follow them. You may need to get extra support if you need help or reminders to succeed and that is OK! If you do not follow the rules in your conditions, you risk arrest and a return to custody. It can be very hard, but completing your order and staying out of the legal system is a huge factor in considering safety for Indigenous women.

Although being at home or in your community may also be unsafe, there are places you can go such as the **Elizabeth Fry Society, Eagle Women's Lodge**, or the **North End Women's Centre** who can provide housing to women in need. Refer back to the housing section for notes on affordable and safe housing!

If there is something in your order, trial or hearing that you do not understand
you must tell you lawyer and ask questions!

Your lawyer is the only person who can advocate for you in court – community agencies, unfortunately, do not have the ability to do this for you. The information must come from you and it is your lawyer's job to follow your direction and instruction.

Asking questions and admitting you do not understand can save you from unwanted guilty pleas and taking deals that result in more convictions on your record for charges you may not be responsible for.

SPEAK UP.

Understanding your Order

If you receive an order such as a bail recognizance, probation order, conditional sentence order, or no-contact order, it is important to know what they mean. There may be things you have to do, or conditions you need to follow that could have legal consequences if you don't follow them.

Your best opportunity to ask questions is at court **before** your order is completed in front of the judge. It is the duty of the judge to explain exactly what you are expected to do and to explain the consequences if you do not follow through.

If there is a condition in your order – such as one that says you must live at a specific address – that you feel is causing you to be at risk, speak with your lawyer or an advocate at a community agency to assist you in getting a change of address with the courts. It is best to go through the proper process to avoid any unnecessary arrest or breaches.



Attending your Appointments

You may be told by the court that you must attend appointments with probation services, counsellors, or treatment for addictions or anger. If you do not attend these appointments, you put yourself at risk for a return to custody.

There are several places to access bus tickets. The **Elizabeth Fry Society** can provide bus tickets to attend these kinds of appointments, but your counsellor or probation officer will need to confirm you attended. As long as you are attending, you can receive bus tickets to get there.

If you feel unsafe, anxious or nervous about attending an appointment, ask a support person to go with you and always report your feelings to a community agency you feel comfortable with – it is their job to advocate on your behalf so you receive the best and safest care possible.

Getting to Court

Not going to court when you have a hearing scheduled usually results in a warrant being issued for your arrest and this means you will go back into custody! Remember that admissions into custody are violent and uncomfortable experiences.



Resources I May Need During My Transition

ORGANIZATION	CONTACT	PROGRAM AVAILABLE
The Elizabeth Fry Society of Manitoba	544 Selkirk Avenue 1-204-589-7335	<ul style="list-style-type: none"> - Bail Verification and Supervision Program - Provincial Reintegration - Literacy - Clothing Depot & Hygiene - Anger Management - StopLifting - Kickin' Addiction
Eagle Women's Lodge	Case Manager 1-204-415-7615 Intake Worker at 204-989-8240	<ul style="list-style-type: none"> - Residential Program - Transitional Housing
North End Women's Centre	394 Selkirk Avenue 1-204-589-7347	Addictions Continuing and Ongoing Recovery Program Basic Needs Children's Programs Counselling Drop-in Services Health & Wellness Up Shoppe

Ma Mawi Wi Chi Itata Centre	<p>Administrative Site 445 King Street</p> <p>Phone: 204-925-0300 Fax: 204-946-5042 Toll Free: 1-888-962-6294</p> <p>Neighborhood Care Sites</p> <p>318 Anderson Avenue Phone: 204-925-0349</p> <p>363 McGregor Street Phone: 204-925-6816</p> <p>443 Spence Avenue Phone: 204-925-0348</p>	<p>Spirit of Peace (Violence Prevention)</p> <p>Children's Programs</p> <p>Youth Development Programs</p> <p>Circle of Care and Honoring the Spirit of Our Little Sisters (housing for girls and transgendered youth aged 13 – 17)</p> <p>CLOUT (family reunification)</p>
SEED Winnipeg, Inc.	<p>80 Salter Street</p> <p>1-204-927-9935</p>	<p>Access to Benefits</p> <p>Individual Development Account Program</p> <p>Manage Your Money Workshops</p> <p>Saving Circle</p>
Winnipeg Harvest	<p>1085 Winnipeg Avenue</p> <p>1-204-982-3663</p>	<p>Food Assistance and Emergency Food</p> <p>Volunteer Opportunities</p>
Centre for Aboriginal Human Resource Development, Inc.	<p>181 Higgins Avenue</p> <p>1-204-989-7110</p>	<p>Employment, Education and Support Services</p>

TERF (Transition, Education and Resources for Females) Program	500 – 717 Portage Avenue 1-204-786-7051	Transition and healing program for children, youth, adults and transgendered people who have been exploited through the sex trade
Klinic Community Health	870 Portage Avenue 1-204-784-4090	Crisis Support and Counselling
Klinic Crisis Programs	Phone: (204) 786-8686 Toll free: 1-888-322-3019 TTY: (204) 784-4097	Crisis Line (24/7)
	Toll free: 1-877-435-7170 TTY: (204) 784-4097	Manitoba Suicide Line (24/7)
	Phone: (204) 786-8631 Toll free: 1-888-292-7565 TTY: (204) 784-4097	Sexual Assault Crisis Line (24/7)
Winnipeg Police, Fire and Paramedic Services	9-1-1	Emergency Contact
Winnipeg Police Non-Emergency Line	1-204-986-6222	



My Supports

These people will help me while I am transitioning from being in custody to my release and after that. I can trust these people in times of need. These people will help keep me safe in cases of emergency. I can always call them with my concerns.

Name

Phone Number

Places I Feel Safe

I know I can go to these places and visit these people when I feel unsafe, when I need someone to talk to and in a case of emergency.

Who

Address

Phone Number



My Notes

[illegible]