

## Head Office

Swan Lake First Nation 200-200 Alpine Way, Headingley, Manitoba R4H 0B7

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## Winnipeg Sub-Office

1572 Dublin Avenue, Winnipeg, Manitoba R3E 0L4

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## Health Transformation Gender-Based Violence Advisory Circle Resource Sheet

Committee: Health Transformation Gender-Based Advisory Circle

### Returning to the Center

Creator gave each and everyone of us a role, the women are sacred and are held in the highest regards because without women there would be no more life. Women play a very important role in the survival of their family and community, they are the portal to life, they keep the community alive, teach the children life skills and they have a spiritual connection to all lives. It is the role of women to ensure that the ancestral and traditional ways of our people continue.

With the arrival of settlers, Residential School, 60's Scoop, Child Welfare System, the removal of our children from our families and community have disrupted the vital role of Indigenous women. If we want to move forward towards *mino pimatisiwin* "seeking good life" we need to return women to the centre of our lives. As long as the women and grandmothers carry on the teachings and responsibilities the community will thrive.

### Important Dates

**April 2022** is Sexual Awareness Month and throughout April numerous events have been happening, webinars, social media events, etc. One event was with the Brandon Women Resource Center, the link is to the webinar they ran to commemorate Sexual Assault Awareness Month. <https://www.youtube.com/watch?v=PDnkX7BfZVA>

**May 5<sup>th</sup>** is the International Red Dress Day of Awareness and Action for MMIWG2S+ to acknowledge and honor the lives of loved ones that have been taken from our families. We will always remember them and on this day we will wear red.

**May 8-15** is Women's Health Week, and the Gender-Based Violence Advisory Circle would like to highlight the impact that gender-based violence has on women's health. In 2019, a report on homicides in Canada noted that one woman is killed every six days by her intimate partner. Women who experience any type of gender-based violence, whether it be sexual violence, assault, domestic violence, or harassment, tend to have poorer health outcomes. These include, but are not limited to, poor mental health, persistent physical pain, and injuries. Gender-based violence can affect other aspects of someone's life that can also lead to reduced health. For example, trouble eating or sleeping, increased substance abuse, difficulty performing day-to-day tasks, or feelings of anxiety, depression or anger, guilt and shame, sexual exploitation, suicide. The pandemic has increased the need for awareness and education on Women's Health and gender-based violence.

### Protection Orders

It is incredibly difficult to begin healing from gender-based violence if you are still in danger. Those who are experiencing domestic violence or stalking may be eligible for a protection order. Protection orders are court orders that may be granted in emergency situations where someone reasonable fears for their safety and is being subjected to abusive behaviour that is a part of a pattern and is getting worse. There are specially trained people across the province, protection order designates (PODs), who can:

- Assist with giving information on protection orders,
- Help fill out the application forms, and
- Help prepare a survivor of gender-based violence for the hearing in front of a Judicial Justice of the Peace.

These Protection Orders can be issued the same day and come into effect once it has been served to the offender.

### Third Party Reporting

For many women who have experienced sexual violence, reporting their experiences is a part of their healing process. However, many women are understandably wary of the justice system and the police and are uncomfortable with going to a

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police station and speaking to an officer to make a report. In Manitoba, we have an option of Third-party reports of sexual assaults that can be made at social service organizations across the province.

If you would like to make a third-party report, just make an appointment at one of the [third-party reporting agencies](#) in the province, where a trained staff member will work with you to fill out the paperwork, and they will submit it on your behalf to the police. This way, you do not have any interaction with the police, can make the report in a safe and supportive space, and the police do not need to know your name or any personal information. If the police need to ask more questions, they speak with the agency who submitted the report for you, and then someone from the agency will contact you with the questions and then report back to the police. However, it is important to note that anonymity cannot be guaranteed in all situations, for example, when a minor is involved.

### More Resources

As women, it is really important to take care and honor our entire health and our whole being. For someone who has experienced a sexual assault, this could mean engaging in counselling, reporting the assault, tending to physical injuries, finding a safe place to stay, or paying attention to spiritual health. Many social services organizations take a holistic approach to helping women post-assault and have several resources available specifically related to sexual assault.

The province of Manitoba has compiled a list of resources available to survivors of sexual violence, titled "You Are Not Alone".

This resource guide can be accessed here: <https://www.gov.mb.ca/youarenotalone/index.html>

The Brandon Women's Resource Center has also created a sexual assault resource guide for the Western Manitoba region, and a pamphlet on steps survivors of sexual violence may want to take post-assault. These resources can be accessed by emailing their Sexual Assault Resource Coordinator, Cara McCaskill: [caramccaskill@thewomenscentrebrandon.com](mailto:caramccaskill@thewomenscentrebrandon.com)

The following are some gender-based violence resources for both protection orders and third-party reporting:

### Agencies with Protection Order Designates:

Western Manitoba:	The Women's Resource Centre, Brandon 204-726-8632 <a href="mailto:reception@thewomenscentrebrandon.com">reception@thewomenscentrebrandon.com</a>
	John Howard Society, Brandon 204-727-1696 <a href="mailto:office@johnhowardbrandon.ca">office@johnhowardbrandon.ca</a>
	Brandon Friendship Centre 204-727-1407
	Parkland Crisis Centre, Dauphin 204-638-9484 1-877-977-0007 <a href="mailto:pkndcris@mymts.net">pkndcris@mymts.net</a>
	Women's Resource Centre, Flin Flon 204-681-3105 204-271-5375
	Portage Family Abuse Prevention Centre 204-239-5234 204-239-5233
	Swan Valley Crisis Centre, Swan River 204-734-9369 204-743-9368
	Winnipeg:
A Woman's Place, Nor-West Community Co-op 204-940-6624	
Klinik 204-786-8631	

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	1-888-292-7565
	North Point Douglas Women's Centre 204-947-0321 <a href="mailto:info@npdwc.org">info@npdwc.org</a>
	Pluri-elles (French) 204-233-2735 1-800-207-5874
	Rainbow Resource Centre 204-474-0212 1-855-437-8523
	The Refuge, Riverwood Community Church 204-668-3183 <a href="mailto:refuge@riverwood.cc">refuge@riverwood.cc</a>
	Salvation Army 204-946-9400
	Willow Place 204-792-5302 <a href="mailto:reception@willowplace.ca">reception@willowplace.ca</a>
Eastern Manitoba:	Nova House, Selkirk 204-482-7882 <a href="mailto:info@novahouse.ca">info@novahouse.ca</a>
	Agape House, Steinbach 204-326-6062 204-346-0028
Northern Manitoba:	Men Are Part of the Solution, MAPS, Thompson 204-778-6040 <a href="mailto:maps@mymts.net">maps@mymts.net</a>
	Thompson Crisis Centre 204-778-7273 1-800-442-0613

**Third-Party Reporting:**

Western Manitoba:	The Women's Resource Centre, Brandon 204-726-8632 <a href="mailto:reception@thewomenscentrebrandon.com">reception@thewomenscentrebrandon.com</a>
	John Howard Society, Brandon 204-727-1696 <a href="mailto:office@johnhowardbrandon.ca">office@johnhowardbrandon.ca</a>
Winnipeg:	Ka Ni Kanichihk, Heart Medicine Lodge 204-953-5820 <a href="mailto:admin@kanikanichihk.ca">admin@kanikanichihk.ca</a>
	Klinik 204-786-8631 1-888-292-7565
	Mount Carmel 204-582-2311 <a href="mailto:info@mountcarmel.ca">info@mountcarmel.ca</a>
	Pluri-elles (French) 204-233-2735 1-800-207-5874

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Eastern Manitoba:	Survivor's Hope Crisis Centre 204-753-5353
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