

CHRYSALIS HOUSE

SOMETIMES THOSE OF US WORKING IN VIOLENCE AGAINST WOMEN SERVICES ARE ASKED: "SINCE CRIME RATES IN CANADA ARE FALLING, IS VIOLENCE AGAINST WOMEN STILL A SERIOUS PROBLEM?" THE ANSWER IS, UNFORTUNATELY, YES!

According to the Canadian Women's Foundation:

- On any given night in Canada, 3,491 women and their 2,724 children sleep in shelters because it isn't safe at home.
- On any given night, about 300 women and children are turned away because shelters are already full

Chrysalis House runs pretty much at capacity at all times. When a bedroom becomes available, it is typically filled the same or next day.

At Chrysalis House we work with women to meet their basic needs as well as goal setting. Beyond just providing a "roof over their heads", we work with women to help navigate resources to meet her, and her family's other needs, such as: legal and family court support, immigration, financial, education and employment etc. Additionally, we provide 1-2-1 counselling and Women's Support Groups.

If you are interested in learning more about our shelter services or Violence Against Women, please call 613-591-5991 ext. 221. If you are a woman who is experiencing abuse in your relationship, please call our 24/7 crisis line at 613-591-5901.

We have a dedicated group of specially trained volunteers who are supported in providing services such as: bingo, spa nights, donations and short term accompaniments. **If you are interested in volunteering with Chrysalis House, please call our Volunteer Services Coordinator at 613-591-3686 ext. 280.**

You can also access Western Ottawa Community Resource Centre's website at: www.wocrc.ca.

If you are interested in learning more about Violence Against Women in Canada you can go to Canadian Women's Foundation website at: <http://www.canadianwomen.org/>