



## AHSWC Confidential In-Shelter Services

All clients can expect confidential in-shelter services when staying at the AHSWC shelter.

Shelter services include crisis intervention, danger assessment, goal setting, safety planning, and advocacy. We also provide information-referral services, and other resources to help meet our client's needs.

At our shelter, client's do not have to worry about their basic needs. As we provide food, shelter, clothing, and other necessities.

For children we have in-house programs, and a playroom.

We also offer child-care during the delivery of in-shelter programs.

Our Shelter has 24 beds, and can accommodate women and their children ages 12 and under.

We are a 24-hour, seven days a week facility. The property is fenced in and equipped with 24-hour security cameras and alarms linked to RCMP.



## 24-Hour Crisis Information Line 1-825-236-0031

If you or a woman you know is experiencing domestic violence and needs a safe place. Please reach out to us and we can help with a safety plan.

Atikameg Healing Shelter  
For Women & Children Society  
PO BOX 239  
Atikameg, Alberta T0C 0C0

Email: [AtikamegHS@ahswc.ca](mailto:AtikamegHS@ahswc.ca)

Website: [AtikamegWomensShelter.ca](http://AtikamegWomensShelter.ca)



**YOU have a RIGHT  
to LIVE without  
fear, hurt, abuse  
and violence**

**We are here to help**  
Atikameg Healing Shelter  
for Women & Children Society  
(AHSWC)

**24/7 Emergency Shelter  
for Women and Children  
Affected by Domestic Violence**

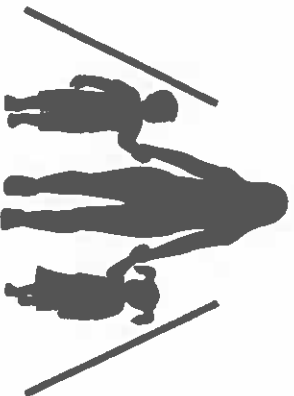
**Toll Free Crisis Line  
1-825-236-0031**



## Our Mission

Our mission is to provide a safe and supportive environment for women and their children who are experiencing violence.

We believe that women, given the support and much needed resources, can be empowered to recognize their own strengths and choose a safe, fulfilling future for their family.



## Who We Are - AHSWC

The Atikameg Healing Shelter for Women and Children Society is a short term emergency shelter for women and children experiencing abuse. Our Shelter is located in Atikameg, Alberta - Whitefish Lake First Nation 459.

The Healing Shelter is a safe and supportive environment where women and their children can come find rest for counselling, protection, companionship and help.

AHSWC promotes well-being, and health; and the development and welfare of women and children regardless of circumstances.

At AHSWC we believe every woman has a right to break free from abuse, and we are here to help do just that.

## About Abuse

Abuse can happen to any woman of any age, ethnicity, or religion. Abuse can affect people of all socioeconomic backgrounds and education levels. It has no boundaries.

Abuse is a repetitive pattern of behaviors to maintain power and control over an intimate partner. While we often assume that abuse is physical, there are in fact many forms of domestic violence. Some are less obvious and difficult to see but are no less devastating.

### Types Of Abuse

**Physical Abuse** can include slapping, punching, kicking, and choking. It is being slammed against a wall or being injured with a weapon or object.

**Psychological Abuse** includes living with the constant fear and/or threat of violence against you and/or your children, friends, relatives, and pets. Your partner may be harassing you at work by calling repeatedly or by showing up. They may destruct items that you value or may make suicide threats.

**"Approximately every six days, a woman in Canada is killed by her intimate partner."**

Source: Canada's Women Foundation

**Emotional Abuse** is never-ending criticism, name-calling, and put-downs alone or in public. It includes unjust blaming, false accusations about loyalties, and controls your time, activities, and actions.

**Sexual Abuse or Marital Rape** is being forced against your will to perform sexual acts or to have pain and injury inflicted during sexual activity.

**Financial Abuse** means that you have limited or no access to the family's money and therefore no control over what is spent or saved, what money comes into the family, and what will be bought.

**Technology-facilitated abuse** is the use of technology to bully, harass, stalk, or intimidate a partner. This includes your partner controlling who your Facebook friends are, writing degrading messages about you in public spaces online, and having control of your passwords. The abuser may also access your phone to monitor who you are texting and calling.

**Spiritual or Cultural Abuse** includes using a person's religious or spiritual beliefs to manipulate, dominate, or control them. An abuser might distort religious texts and cultural customs for their own benefit to justify their position of power.

Source: Alberta Council of Women's Shelters

**"Indigenous women are twice as likely to experience violence from their current or former partner."**

Source: Assembly of First Nations MMIW Report

Call AHSWC today to learn more about our Shelter

**1-825-236-0031**

