



## COUNSELLING & PSYCHOTHERAPY SERVICES - VIOLENCE AGAINST WOMEN PROGRAM AND TRANSITIONAL & HOUSING SUPPORT PROGRAM

This program stresses the importance of women's safety and protection. It aims to empower women to pursue and maintain a safe and secure living environment, and to support them in making choices in achieving a more fulfilling life.

### CFSO's services include:

- Counselling for victims
- Safety planning for affected families & dependents
- Application for temporary subsidies and shelter
- Psychoeducational groups to support victims

### VICTIMS OF GENDER-BASED VIOLENCE

can happen in a variety of contexts, such as:

- Women affected by abuse by family members
- Women victims in human trafficking
- Women victims of abuse in workplace
- Women victims of abuse in tenancy
- Women victims of gender-based discrimination

### RECOGNIZING THE PROBLEM

Gender-based violence is a problem happened worldwide. It may include Physical abuse, Emotional abuse, Economic abuse, and Sexual abuse. It could occur in a household, workplace, or other circumstances.

**PHYSICAL ABUSE:** This form of gender-based violence is the most visible. Behaviours may include throwing, pushing, slapping, kicking, choking, using or threatening to use weapons, etc. Physical abuse may result in bruises, broken bones, permanent emotional scars, or even death.

**PHYSICAL AND/OR EMOTIONAL ABUSE:** This does not only refer to verbal abuse, but often includes acts such as threats of harm and death, isolation of the victim from family members and friends, and verbal battering to devalue the victim's sense of self-worth.

**ECONOMIC ABUSE:** This includes forbidding the partner to work and maintaining absolute control over the use of financial resources. The abuser seeks to foster dependency and control over the victim.

**SEXUAL ABUSE/ASSAULT:** This is any form of unwanted act of a sexual nature including words and gestures accompanying the act, and unwanted touch imposed by a person, including the spouse upon another.



### WHERE TO GO FOR HELP

**WOMEN'S SHELTER** – There are several Women's Shelters in the GTA that supports women and their children in their right to live free from violence and abuse. There are well-trained and experienced staffs to help. Some of the shelters provide Chinese translation services. Information on the Women's Shelter can be obtained from the Community Centre or Police.

**COMMUNITY FAMILY SERVICES OF ONTARIO (CFSO)** – CFSO provides crisis intervention, housing referral, trauma counselling, safety planning, and case management services for affected women and their dependents.



## OUR LOCATIONS

### MAIN OFFICE:

4051 Gordon Baker Rd, Unit A, Scarborough, ON M1W 2P3

### SATELLITE LOCATIONS By Appointment Only

TORONTO: 602 Queen St West, Toronto, ON M6J 1E3

MARKHAM: 5665 14th Ave, Markham, ON L3S 3K5

UNIONVILLE: 600 Village Pkwy, Markham, ON L3R 6C2

MISSISSAUGA: 720 Burnhamthorpe Rd West, Unit 2, Mississauga, ON L5C 3G1

## REACH US AT

Tel: 416-979-8299

Fax: 416-979-2743

Toll Free: 1-866-979-8298

Email: info@cfsocare.ca

## LANGUAGES

English, Mandarin, Cantonese, Vietnamese

語言 英語、粵語、國語、越南語

## HOURS OF OPERATIONS

Mon, Wed & Fri: 9 am – 5 pm

Tues & Thurs: 9 am – 8:30 pm (Appointment only after 5pm)

### 辦公時間

星期一、三、五：上午九時 至 下午五時

星期二、四：上午九時 至 晚上八時半 (五時後需預約)

客戶資料 絕對保密

CONFIDENTIALITY ASSURED



### YOUR SUPPORT MEANS EVERYTHING TO US

您的資助能幫助家和維持機構的運作

**CREDIT CARD** VISA / MasterCard / American Express



**WECHAT / ALIPAY** Donation QR Code

**PAYPAL GIVING FUND** <https://www.paypal.com/ca/fundraiser/charity/3423887>

**CHEQUE** Payable to Community Family Services of Ontario

**ONLINE** Payment at <https://www.canadahelps.org/dn/2393>

CHARITABLE REGISTRATION NO. 13232-0508-RR-0001.



Community  
Family Services  
of Ontario

家和

# VIOLENCE AGAINST WOMEN PROGRAM AND TRANSITIONAL & HOUSING SUPPORT PROGRAM

## 家暴婦女 受害者服務及 過渡居所支援服務

4051 Gordon Baker Road, Unit A,  
Scarborough, Ontario M1W 2P3

Tel 查詢電話: 416-979-8299

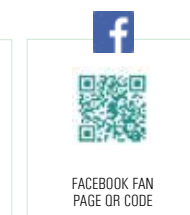
Toll Free 全加免費查詢電話: 1-866-979-8298

Fax 傳真: 416-979-2743

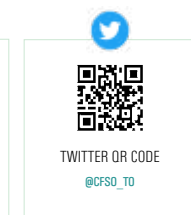
[www.cfsocare.ca](http://www.cfsocare.ca)



WECHAT QR CODE  
掃描碼  
ID: CFSO\_4160798299



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PAGE QR CODE



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[HTTPS://WWW.FACEBOOK.COM/CFSO\\_CARE/](https://www.facebook.com/cfsocare/)



YOUTUBE CHANNEL  
[WWW.YOUTUBE.COM/CFSO\\_TO](http://www.youtube.com/cfsocare)

# VISION & MISSION

## OUR VISION

Community Family Services of Ontario is recognized as the premier provider of family services to support our community, where all families live in a safe and harmonious environment.

## 展望

家和致力讓所有家庭成員生活於安全及和諧的社區。本中心為支持社區所提供的專業輔導服務，被譽為業界翹楚。

## OUR MISSION

Community Family Services of Ontario helps build a safe and harmonious community by providing professional counselling, settlement, disabilities, and special needs services to individuals and families in need.

## 使命

家和為建立一個安全及和諧的社區，致力於提供優質心理輔導、安居服務、和殘疾及特殊需要服務。

## FUNDERS & AFFILIATIONS



## 心理輔導諮商及家庭服務 家暴婦女受害者服務及過渡居所支援服務

此計劃著重於保障女性的安全，目標使女性有能力追求及維繫一個安全的居住環境，並支援她們作出抉擇去成就更充實的人生。

### 基於性別暴力的受害者包括

- 遭受家庭成員虐待的女性
- 人口販賣的女性受害者
- 職場上遭受虐待或歧視的女性
- 租賃上遭受虐待或歧視的女性
- 遭受性別歧視的女性

### 家和的服務包括：

- 向受害者提供情緒支援
- 為受影響家庭及其子女制定安全計劃
- 協助申請臨時津貼及庇護中心
- 提供心理教育小組支援受害者

### 家暴的種類與特徵

基於性別的暴力是一個廣泛發生在世界各地的問題，包括身體虐待、精神／心理虐待、財務暴力及性暴力等。這些問題可以發生在家庭、職場或其他情境。

**身體虐待：**這是最易被察覺的暴力行為，如擲物、推擠、掌摑、拳打腳踢、使對方窒息，使用或威脅使用武器等等。身體虐待可造成瘀傷、骨折，令人留下難以痊癒的心靈創傷，甚至死亡。

**精神／心理虐待：**這不只是指口角如大罵及侮辱他人，這通常包括威嚇使人受傷或死亡、不許受害者結識及探望親友以控制其自由，以及在爭吵中貶低受害者的自我價值感，使她們的尊嚴受到傷害。

**財務暴力：**這包括禁止受害者工作，刻意地限制她們的家用及金錢運用，使她們需繼續倚賴施虐者，令她們繼續遭其支配或暴力對待。

**性暴力：**性暴力指任何未經對方（包括配偶）同意的身體接觸及性行為，或是包含性暗示的言語及姿勢。



### 提供援助的機構

**婦女庇護中心** — 大多區 (GTA) 內有數個婦女庇護中心，提供臨時居所予受害女性及其子女，使他們免於暴力及虐待。婦女庇護中心的職員接受充足訓練並具有經驗，可提供支援；部分中心提供中文翻譯服務，方便不熟識英語人士使用。有關婦女庇護中心的資料可向警方或社區中心索取。

**家和 (CFSSO)** — 家和提供危機介入、房屋申請轉介、創傷輔導、安全計劃、個案管理等服務予受影響婦女及其子女。



家和網上資料庫的教育視頻和刊物  
免費下載

Free Educational Videos and Literature Available at  
our Online Resource Library

[cfso.care/resource-library/](https://cfso.care/resource-library/)