

# Know the signs:

Gender-based Violence (GBV) and abuse can be more than physical; they can manifest in a variety of ways, including:

- Emotional abuse & coercive control;
- Sexual abuse & violence;
- Financial abuse;
- Technology-facilitated abuse

## What can you do?

### **Believe Survivors**

Reaching out for help requires an immense amount of courage.

### **Interrupt**

Take action against harmful language and behaviours.

### **Donate & Support**

Support organizations that provide safe services & spaces to those affected by gender-based violence.

### **Education**

Self-education, educating others, having open conversations, & breaking the silence are key to end this urgent human rights crisis.

## Questions about our work or want to join MAWS?

**Email us!**  
[maws@maws.mb.ca](mailto:maws@maws.mb.ca)

**MAWS c/o Box 389**  
**Winkler, MB | R6W 4A6**  
Business line: (204) 960-6995  
Email: [maws@maws.mb.ca](mailto:maws@maws.mb.ca)



Charitable Registration #88078 6892 RR 0001



## MANITOBA ASSOCIATION OF WOMEN'S SHELTERS

Dedicated to Ending  
Gender-Based Violence in Manitoba  
through leadership, collaboration,  
advocacy and support.



## About us:

The Manitoba Association of Women's Shelters is a charity dedicated to providing a unified voice for those affected by all forms of gender-based violence (GBV) and to supporting Manitoba GBV prevention service providers. MAWS was formed when family violence (FV) shelters across Manitoba began to work together in the 80's to improve services for those affected by GBV. Today, MAWS supports all provincially funded FV shelters, and associate members who work in the GBV prevention sector.

## How do we help?

MAWS provides leadership, information, support, training, and advocacy services to its members. We also collaborate with other provincial and national anti-violence service providers and aligned sector organizations to help end all forms of gender-based violence (GBV). Our work includes: (a) supporting family violence (FV) shelters' operational needs; (b) developing training and webinars; (c) conducting research and collecting data; (d) strengthening service delivery; (e) promoting trauma-informed care and harm reduction; and, (f) increasing public awareness about GBV and FV.

Each of us has a role to play in stopping gender-based violence & supporting survivors.  
**Don't look away.**

## Did you know?

Manitoba has some of the highest rates of family violence in Canada

During April 2021 to March 2022, Manitoba shelters provided:  
Over 18,000 crisis calls  
Over 48,000 bednights  
Over 10,000 counselling sessions

**GBV is an urgent public health and human rights crisis.**

## What do FV shelters do?

FV shelters provide temporary safe shelter for people seeking refuge from family and intimate partner violence, as well as 24/7 support through the Crisis & Support line. Additional FV shelter services include the following: (a) safety planning assistance; (b) one-on-one and group counselling; (c) children's support and counselling; (d) advocacy and referrals for community supports like EIA, MB Housing, and legal aid (as required); (e) early intervention and prevention services. (g) public education in their communities.

If you or someone you know is experiencing abuse, **call the confidential 24/7 toll-free Family Violence Crisis & Support Line at 1 (877) 977-0007** to talk to family violence shelter staff.



## Members:

Agape House, Steinbach: (204) 346-0028  
Aurora House, The Pas: (204) 623-5497  
Genesis House, Winkler: (204) 325-9800  
Ikwe-Widdjiitiwin, Winnipeg: (800) 362-3344  
Nova House, Selkirk: (204) 482-1200  
Parkland Crisis Centre, Dauphin: (204) 638-9484  
Prairie Harbour Inc., Portage La Prairie: (204) 239-5233  
Thompson Crisis Centre, Thompson: (204) 778-7273  
Willow Place, Winnipeg: (204) 615-0311  
YWCA Westman Women's Shelter, Brandon: (204) 727-3644

## Associate Members

### *Second Stage Programs:*

Alpha House Project, Winnipeg: (204) 982-2011  
Bravestone Centre, Winnipeg: (204) 275-2600  
Chez Rachel, Winnipeg: (204) 952-2550

## Associate Members

### *Family Violence Agencies:*

Circling Buffalo, Winnipeg: (204) 623-3423  
Elmwood Community Resource Centre, Winnipeg: (204) 982-1720  
Fort Garry Women's Resource Centre, Winnipeg: (204) 477-1123  
Interlake Women's Resource Centre, Gimli: (204) 624-8264  
Manitoba Moon Voices Inc., Winnipeg: 204-942-1828  
MAPS (Men Are Part of the Solution), Thompson: (204) 778-6040  
Survivor's Hope, Pinawa: (204) 753-5353  
Swan Valley Crisis Centre, Swan River: (204) 734-9368  
Wahbung Abinoonjiiag, Winnipeg: (204) 925-4610  
Women's Resource Centre, Flin Flon: (204) 681-3105  
Lakeshore Family Resource Centre, Ashern: (204) 768-3016  
Healthy Muslim Families, Winnipeg: (204) 202-6491

**If you or someone you know  
is experiencing abuse,  
call the confidential 24/7  
toll-free Family Violence  
Crisis & Support Line at  
**1 (877) 977-0007**  
to talk to family violence  
shelter staff.**

# **I am the Phoenix.**

By Ruth Morris.

I am kept in a cage. Lured into prison on my own accord. Not knowing any better. My innocence my weakness.

I am groomed with promises. Tiny tidbits of Hope discarded on newspaper like seeds. They keep me from starving but I am never fulfilled.

I am allowed to wander, on a leash, close to home. My moves recorded, analyzed, challenged. I have become too tired to go far.

I am violated. Bruised. Coloured like indigo sky. Scarred from misuse and mistreatment. Punished for any misstep.

I am broken. Damaged. No longer able to thrive I only exist. I lose sight of the sun, my innocence falling from my body like molten feathers.

Everything grows dark. A cover has been thrown over my cage.

I sleep.

**I dream.**

**I burn.**

Terrified I awaken in agony. I am burning, set alight, embers bursting in the darkness. Brilliant colours flash beneath my lids. I feel myself ignite. A soothing calm sweeps over me as the cover falls from my cage. I see my reflection shining of the gleaming bars. I will the door to open. I am the key. I rise and rise. Below me all is ash. I laugh but all I hear is birdsong.

I am the Phoenix.