

How can someone know if he or she is a victim of domestic violence?

Has your spouse threatened to hurt you or anyone you care about?

Does your spouse constantly criticize your appearance, behaviour, what you say, or what you wear?

When you come home late, does your spouse pester you with questions about the people you have seen?

Do you have the impression that you are on your guard and must be cautious to avoid any discussion?

Does your spouse demand to have sex even if you do not agree?

Do you feel that you cannot visit your friends and relatives without asking permission?

Is your spouse jealous or always accusing you of having an affair?

Does your spouse put you down, call you names, or make you feel like you are crazy?

Does your spouse hit, kick, punch, push, choke, or use physical force against you?

Do you feel helpless, trapped, alone, and isolated?

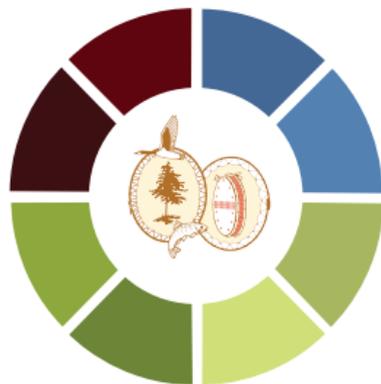




If you answered yes to any or all of these questions, you should seek help. You are not alone.

For more information, contact the Crime Victims Assistance Centre in your area.

All services are confidential and free of charge.



creejustice.ca



CRIME VICTIMS ASSISTANCE CENTRE

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Waswanipi

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