

DIRECTORY

of family violence resources

for caseworkers in First Nations communities in Quebec



FIRST NATIONS OF QUEBEC
AND LABRADOR HEALTH
AND SOCIAL SERVICES
COMMISSION

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INTRODUCTION

This directory was prepared by the First Nations of Quebec and Labrador Health and Social Services Commission (FNQLHSSC) and is intended for caseworkers in First Nations communities and organizations in Quebec who work with victims of domestic violence.

The directory contains various helpful resources and references that caseworkers can access as needed. These include services for your clientele as well as training and tools that can help you in your work. Be sure to refer to it regularly and make use of it as often as needed.

Please note that all content found in the FNQLHSSC documentation centre is also available in print and can be sent to you by mail.

*The directory is not intended to be a comprehensive tool. It can always be expanded and will be updated annually or as needed.





1

HELPFUL RESOURCES AND ORGANIZATIONS

LEGEND



Resources/Information



Public services



Services for caseworkers

1.1 Services for Everyone

Organization



SOS violence conjugale

Targeted clientele:

Victims of domestic violence, their loved ones and caseworkers

Languages:

English and French

Services offered

24/7, throughout Quebec

- Listening, assessment, support and referral (everything is anonymous and confidential)
- Help for caseworkers supporting victims
- Helpful tools, materials and information on domestic violence

Contact

24/7 phone line: 1-800-363-9010

www.sosviolenceconjugale.ca/en

Organization



Native Friendship Centres in Quebec (14)

Targeted clientele:

Indigenous populations living in urban areas

Languages:

English, French or First Nations languages, depending on the location

Services offered

Varies by location

- Psychosocial support
- Individual and family assistance
- Youth, social and cultural activities
- Employment and education

Contact

Region 02: Saguenay–Lac-Saint-Jean

Lac Saint-Jean (Roberval) Native Friendship Centre

418-765-1202

www.caalsj.ca

Saguenay (Chicoutimi) Native Friendship Centre

418-973-3424

www.caasaguenay.ca

Region 03: Capitale-Nationale

Quebec Native Friendship Centre

418-843-5818

www.caaq.net

Centre multi-services Mamuk

418-476-8083

www.rcaaq.info

Region 04: Mauricie

La Tuque Native Friendship Centre

819-523-6121

www.caalt.qc.ca

Trois-Rivières Native Friendship Centre

819-840-6155

www.caatr.ca



Region 05: Montréal

Native Montréal

514-331-6587

www.nativemontreal.com

Native Friendship Centre of Montréal

Toll-free line: 1-855-499-1854

514-499-1854

www.nfcm.org/en

Region 07: Outaouais

Maniwaki Native Friendship Centre

450-760-3865

www.maniwakinfc.ca

Region 08: Abitibi-Témiscamingue

Senneterre Native Friendship Centre

819-737-2324

www.rcaaq.info/en

Val-d'Or Native Friendship Centre

819-825-6857

en.caavd.ca

Region 09: North Shore

Sept-Îles Native Friendship Centre

418-962-9229

www.rcaaq.info/en

Region 10: Northern Quebec

Chibougamau Eenou Native Friendship Centre

418-748-7667

www.cefc.ca

Region 14: Lanaudière

Lanaudière Native Friendship Centre

450-760-3865

www.caalanaudiere.ca

Organization



Native Para-Judicial Services of Quebec

Targeted clientele:

The Indigenous population in Quebec

Languages:

English and French

Upon request: Cree, Innu, Inuktitut and other Indigenous dialects

Services offered

22 service locations in Quebec

An organization that provides legal aid services to Indigenous adults and youth engaging with the legal system, including victims, witnesses and defendants.

- Indigenous paralegal advisors
- Indigenous community supervision officers
- Support for Indigenous people in correctional facilities
- Development of community initiatives

Contact

1-888-844-2094 (confidential service)

Visit the website for the contact information of the different service locations:

www.spaq.qc.ca

Organization



Rebâtir

Targeted clientele:

All victims of sexual or domestic violence or other crimes

Languages:

English and French

Services offered

- Four hours of legal advice, free of charge, in all areas of law
- Confidential services offered by legal aid lawyers

Contact

1-833-REBATIR (1-833-732-2847)

www.rebatir.ca

Organization



Crime Victims Assistance Centre (CAVAC)

Targeted clientele:

Victims or witnesses of crimes, their loved ones

Languages:

English and French

Services offered

Throughout Quebec

Free and confidential

- Accompaniment
- Post-traumatic and psychosocial intervention
- Legal information
- Information on your rights and remedies
- Technical assistance
- Referral to specialized services

Contact

1-866-532-2822 (1-866-LE CAVAC)

www.cavac.qc.ca

Organization



Association québécoise Plaidoyer-Victimes (AQPV)

Targeted clientele:

Victims or witnesses of crime, their loved ones

Languages:

English and French

Services offered

Throughout Quebec

- Support
- Practical guides, information tools, videos and educational video clips
- Referral to services offered by the community
- Training for caseworkers

Contact

514-526-9037

www.aqpv.ca

8615 Saint-Laurent Blvd., Suite 206, Montréal, Quebec H2P 2M9

Organization



Équijustice

Targeted clientele:

Victims, perpetrators and witnesses of crime, people in conflict situations

Languages:

English and French

Services offered

Network of 23 restorative justice organizations across Quebec

- Expertise in restorative justice and community mediation
- Application and management of programs under the Youth Criminal Justice Act (YCJA), the General Alternative Measures Program (GAMP) and compensatory work measures
- Visit the website to find out what services are available in your area.

Contact

514-522-2554

www.equijustice.ca/en

Organization



First Nations of Quebec and Labrador Health and Social Services Commission (FNQLHSSC)

Targeted clientele:

Caseworkers in First Nations communities in Quebec and Labrador

Languages:

English and French

Services offered

- Personalized support for community stakeholders
- Training adapted to the needs of the community (upon request)
- Culturally appropriate tools
- Information management

Contact

418-842-1540

info@cssspnql.com

www.cssspnql.com

250 Place Chef-Michel-Laveau, Suite 102, Wendake, Quebec G0A 4V0

Organization



National Aboriginal Circle Against Family Violence (NACAFV)

Targeted clientele:

Professionals working in Indigenous domestic violence prevention and intervention

Languages:

English and French

Services offered

- Support for professionals
- Practical training programs
- Culturally appropriate tools
- Networking opportunities
- Advocacy support

Contact

450-638-2968

www.nacafv.ca

P.O. Box 2169

Kahnawake, Quebec J0L 1B0

Organization



Centre de prévention et d'intervention pour victimes d'agression sexuelle (CPIVAS)

Region: Laval

Targeted clientele:

All victims of sexual violence (adults, adolescents, children), schools, organizations and partners

Languages:

English and French

Services offered

- Appeasement workshops
- Individual psychotherapy
- Group therapy for women
- Self-defence program for women
- Services for relatives
- Counselling
- Prevention of sexual violence in schools
- Training, workshops and advice for organizations

Contact

24/7 emergency line: 1-888-933-9007

450-669-9053

www.cpivas.com

Organization



Centre d'entraide et de traitement des agressions sexuelles (CETAS)

Region: Laurentides

Targeted clientele:

Victims of sexual assault, their loved ones and sexual offenders (all ages)

Language:

French

Services offered

- Group program (education, awareness and treatment)
- Individual treatment program
- Maintenance program (offenders)
- Evaluations of after-effects (IVAC)
- Parental support
- Group program for parents and/or spouses

Contact

450-431-6400

www.info-cetas.com

8 De La Salette Blvd., Suite 101C, Saint-Jérôme, Quebec J7Y 5C8

Organization



Montréal Sexual Assault Centre (MSAC)

Region: Montréal

Targeted clientele:

Adult victims of sexual assault (18 and over) and their loved ones

Languages:

English and French

Organization

- Medico-social support
- Clinical follow-up
- Sexual Violence Helpline counsellor

Contact

514-933-9007

www.cvasm.org

1801 De Maisonneuve Blvd. West, Suite 600, Montréal, QC H3H 1J9

Organization



Sexual Violence Helpline

(Previously named “Provincial Helpline for Victims of Sexual Assault”)

Targeted clientele:

Sexual assault victims, their loved ones and caseworkers

Languages:

English and French

Services offered

24/7 helpline

- Listening, support and information
- Referrals
- Help locating a designated medico-social intervention centre

Contact

1-888-933-9007

www.cvasm.org/en/services-ligne-telephonique

Organization



Indemnisation des victimes d'actes criminels (IVAC)

Targeted clientele:

Victims of crime and their rescuers

Languages:

English and French IVAC is a compensation plan that provides victims and rescuers with benefits to help them recover from injuries resulting from crimes and acts of good citizenship.

Services offered

- Victim support resources
- Rehabilitation programs and measures
- Information, forms and guides

Contact

Toll-free in Canada: 1-800-561-4822

www.ivac.qc.ca

Organization



Éducaloi

Targeted clientele:

General public and caseworkers

Languages:

English and French

Services offered

- Legal information and education
- Resources, guides, training, videos
- Information tools on various topics related to violence
- Online training and guides for working with and supporting victims (see section 2 for Éducaloi resources)

Contact

www.educaloi.qc.ca/en

Organization



Regroupement des centres de crise

Targeted clientele:

Adults (18 and over) in a crisis situation and their loved ones

Language:

French

Services offered

21 centres throughout Quebec

- 24/7 helpline
- Temporary housing
- Mobile services
- Crisis follow-up
- Services for loved ones
- Services for partners (training)

Contact

Visit the website for the list of centres and for information for your region:

www.centredecrise.ca

Organization



Regroupement des centres de prévention du suicide du Québec

Targeted clientele:

General public

Language:

French

Services offered

29 centres throughout Quebec

- 24/7 helpline
- Intervention services for individuals at risk of suicide
- Services for the loved ones of an individual at risk of suicide
- Services for individuals grieving a loss by suicide
- Training and education

Contact

Visit the website for the list of centres and for information for your region:

www.rcpsq.org

Phone (24/7):

1-866-APPELLE

1-866-277-3553

Text message:

1-855-957-5353

Organization



Suicide.ca

Targeted clientele:

Suicidal individuals, their loved ones and individuals grieving a suicide

Languages:

English and French - Information about suicide and advice

Services offered

- Online chat services
- Resources, videos, self-assessment
- Lists of support resources by region
- Online chatting with a counsellor (24/7)

Contact

Phone (24/7):

1-866-APPELLE

1-866-277-3553

Text message (24/7):

1-855-957-5353

www.suicide.ca

Organization



Les Survivantes program, offered by the Service de police de la Ville de Montréal (SPVM)

Region: Montréal

Targeted clientele:

Victims of sexual exploitation, individuals at risk of sexual exploitation, their loved ones

Languages:

English and French

Services offered

- Assistance and support for individuals who have been sexually exploited or are at risk of being sexually exploited
- A dedicated intervention section for Indigenous people

Contact

www.spvm.qc.ca/survivantes

1.2 Services for Women

Organization



Native Women's Association of Canada (NWAC)

Targeted clientele:

Women and Indigenous organizations in Canada

Languages:

English and French

Services offered

Organization that represents Indigenous women in Canada

- Defence and advocacy of the rights and interests of Indigenous women in Canada
- Resources, awareness materials and tools for women

Contact

Toll-free line: 1-800-461-4043

www.nwac.ca

Organization



Quebec Native Women (QNW)

Targeted clientele:

Women, caseworkers and Indigenous organizations in Quebec

Languages:

English and French

Services offered

- Tools, resources and videos about non-violence
- Supporting Indigenous organizations in their violence prevention activities

Contact

Toll-free line: 1-800-363-0322

450-632-0088

www.faq-qnw.org/en

Organization



Neighbours, Friends and Families

Targeted clientele:

Female victims of domestic violence

Language:

French

Services offered

- Campaign that raises awareness about domestic violence and offers reference materials

Contact

613-241-8433

www.neighboursfriendsandfamilies.ca

Organization



Regroupement québécois des centres d'aide et de lutte contre les agressions à caractère sexuel (RQCALACS) Association of sexual assault help centres in Quebec

Targeted clientele:

Women and adolescents who are victims of sexual assault

Languages:

- English and French

Services offered

- 16 regions in Quebec
- Help and support for victims and their loved ones
- Public awareness
- Tools to combat sexual violence

Contact

Toll-free line: 1-888-933-9007

Montréal: 514-529-5252 • Outside Montréal: 1-877-717-5252

Visit the website for the list of centres and for information for your region:

<http://www.rqcalacs.qc.ca/>

Organization



Victim Services – Correctional Service Canada

Targeted clientele:

Victims of crime in situations where the offender is incarcerated

Languages:

English and French

Services offered

- Registration to receive information about the offender (e.g., dates for temporary absence, the offender's release date, etc.)
- Information on making a victim statement

Contact

450-967-3680

www.csc-scc.gc.ca/victim/003006-index-en.shtml

QUEvictimes@csc-scc.gc.ca

Organization



Western University – Centre for Research & Education on Violence Against Women & children

Targeted clientele:

Anyone who deals with violence against women and children in their work

Language:

English

Services offered

Materials to inform and teach about various aspects of violence against women and children, including webinars, research, reports, sharing of best practices and initiatives, information sheets, videos, podcast and more

Contact

<https://www.learningtoendabuse.ca/>



<https://faq-qnw.org/wp-content/uploads/2019/09/carte-R%C3%A9seau-avec-logo-FAQ.pdf>

Women's shelters

Indigenous women's shelters

The women's shelters for First Nations and Inuit in Quebec are there to help and house Indigenous women who are victims of domestic violence and must leave their homes. They also take in the children of these women.

They offer services 24 hours a day, seven days a week.

To find a women's shelter, call the domestic violence hotline **SOS violence conjugale at 1-800-363-9010 (24/7)**, or refer to the following list to contact one of the shelters directly:

Region 03: Capitale-Nationale

Quebec
Maison Missinak
 418-476-8083

Region 04: Mauricie

Opitciwan
Maison Nanikew
 819-974-1414

La Tuque
Foyer Asperimowin
 819-523-3153

Region 05: Montréal

Montréal
Native Women's Shelter of Montréal /
Le Foyer pour femmes autochtones de
Montréal
 514-933-4688

Region 07: Outaouais

Kitigan Zibi
Waseya House
 819-449-7425

Region 09: Côte-Nord

Matimekush-Lac-John
Ashpukun Mitshuap
 418-585-3419

Kawawachikamach
Kathleen Toomas' beautiful dawn center
 418-585-2663

Uashat
Centre Tipinuaikan
 418-962-3397

Region 11: Gaspésie-Îles-de-la-Madeleine

Listuguj
Haven House
 418-788-5544



Organization

ShelterSafe

Targeted clientele:

Victims of domestic violence, their loved ones and caseworkers

Languages:

English and French

Services offered

- Interactive online map to find a nearby shelter anywhere in Canada

Contact

www.sheltersafe.ca

Organization

Regroupement des maisons d'hébergement

One of two organizations representing (non-Indigenous) women's shelters for victims of domestic violence in Quebec

Targeted clientele:

Female victims of domestic violence and caseworkers

Language:

French

Services offered

- Information on domestic violence
- Tools, videos and resources

Contact

Visit the website to browse the shelters by region:

www.maisons-femmes.qc.ca

Organization

Fédération des maisons d'hébergement

One of two organizations representing (non-Indigenous) women's shelters for victims of domestic violence in Quebec

Targeted clientele:

Female victims of domestic violence and caseworkers

Language:

French

Services offered

Visit the website to browse the services the shelters offer by region.

Contact

www.fmf.ca

Organization

L'alliance des maisons d'hébergement de 2^e étape

The Alliance comprises 24 transition houses for female victims of domestic violence, spanning 14 of the 17 administrative regions in Quebec.

Targeted clientele:

Female victims of domestic violence and caseworkers

Language:

French

Services offered

- Videos and resources on domestic violence

Contact

Visit the website to browse the services offered by the transition houses by region.

www.alliance2e.org

1.3 Services for Men

Organization



À cœur d'homme – Réseau d'aide aux hommes pour une société sans violence

Targeted clientele:

Men displaying violent behaviour within their relationship or family

Languages:

French and English (depending on the organizations)

Services offered

31 community organizations throughout Quebec

- Prevention and education
- Individual and group support
- Research
- Cooperation between organizations
- Training

Contact

Toll-free line: 1-877-660-7799
418-660-7799

Visit the website for the list of centres and for information for your region:

<https://www.aceurdhomme.com/>

Organization



Réseau Maisons Oxygène

Targeted clientele:

Fathers experiencing personal, family or marital difficulties and who have sole custody, shared custody or visitation rights or who are taking steps to gain custody

Language:

French

Services offered

Over 20 homes across the province

- Housing for fathers and children
- Individual material support for parenting and social integration
- External support

Contact

438-504-4000

Visit the website for the list of centres and for information for your region:

<https://maisonsoxygene.ca/>

Organization



Victimes d'agressions sexuelles au masculin (VASAM)

Targeted clientele:

Male sexual assault victims

Language:

French

Services offered

Numerous organizations across Quebec

- Referral to appropriate resources
- Awareness raising

Contact

Visit the website for the list of centres and for information for your region:

<http://www.vasam.org/>

Organization

Autonhommie – Centre de ressources pour hommes



Region: Capitale-Nationale

Targeted clientele:

Men who are experiencing difficulties or are on the path of improvement

Language:

French

Services offered

- Support groups
- Individual consultation
- Training on interventions with men
- Awareness raising in schools and workplaces

Contact

Toll free: 1-855-648-6464

418-648-6480

<https://autonhommie.org/>

1.4 Services for Elders

Organization



Elder Mistreatment Hotline

Targeted clientele:

Individuals aged 50 or over experiencing abuse, their loved ones, anyone who is a witness to elder abuse, those who work with older persons

Languages:

English and French (interpreters available upon request)

Services offered

- Listening and assessment services via telephone
- Information on the different types of abuse and the impact of abuse
- Referral to appropriate resources
- Training and support for professionals

Contact

Toll-free line: 1-888-489-2287

From 8 a.m. to 8 p.m., seven days a week

www.aideabusaines.ca/en

Organization



L'APPUI pour les proches aidants Support services for caregivers

Targeted clientele:

Caregivers and their loved ones, caseworkers and healthcare professionals

Languages:

English and French (interpreters available upon request)

Services offered

- Confidential and free services via telephone
- Information on the types of abuse and the impact of abuse
- Referral to appropriate resources
- Training and support for professionals

Contact

www.lappui.org

1.5 Services for Children and Adolescents (Also Refer to “Services for Everyone”)

Organization



Cyberaide

Targeted clientele:

Anyone looking to report a situation of child sexual exploitation on the internet or seeking information on internet safety

Languages:

English and French

Services offered

- Intake and processing of reports of child pornography, luring a child, commercial sexual exploitation of children, etc.
- Internet safety materials and resources for children and youth

Contact

www.cyberaide.ca/en

Organization



Marie-Vincent Foundation

Region: Montréal

Targeted clientele:

Children and adolescents who are victims of sexual or physical abuse or who exhibit problematic sexual behaviours

Languages:

English and French

Services offered

- Help for families
- Prevention and intervention tools
- Training for professionals working with children and adolescents
- Consulting services, professional consultation and psychotherapy supervision for partners

Contact

Marie-Vincent Foundation: 514-362-6226

Services for families and professionals: 514-285-0505

www.marie-vincent.org/en

Organization



Crime, ça suffit

Targeted clientele:

Adolescent victims of crime

Language:

French

Services offered

- Information on rights and the justice system
- Quiz
- Links to other resources

Contact

<https://crimecasuffit.ca/>

Organization

NeedHelpNow.ca

Targeted clientele:

Youth, their parents and caseworkers

Languages:

English and French

Services offered

- Information for youth who are experiencing difficulties because a sexual photo or video was shared with their peers
- Information for parents
- Information for caseworkers
- Downloadable resources

Contact

www.needhelpnow.ca





2 AWARENESS TOOLS AND PROMOTIONAL MATERIALS

2.1 Posters



"Let's break the silence on violence"



Domestic violence

"After the lockdown is over, will you really be free?"

12 x 18 inches – English and French

Order form is accessible [online here](#)



Domestic violence

"Les verbes"

12 x 18 inches – French

Order form is accessible [online here](#)



Domestic violence

“Forms of violence”

12 x 18 inches – English and French

Order form is accessible [online here](#)



Domestic violence

“Harassment”

12 x 18 inches – English, French, Innu and Atikamekw

Order form is accessible [online here](#)



Domestic violence

“Sharing intimate photos”

12 x 18 inches – English, French, Innu and Atikamekw

Order form is accessible [online here](#)



Domestic violence

“Cyberviolence”

12 x 18 inches – English, French, Innu, Atikamekw, Algonquin and Cree

Order form is accessible [online here](#)



Be together, feel good

Communication, respect, mutuality
English, French

To order: info@cssspnql.com



Be together, feel good

Openness, inclusion, diversity
English, French

To order: info@cssspnql.com

2.2 Information Materials and Awareness Campaigns



Awareness Campaign on Violence Against Indigenous in the Time of Pandemic

by QNW

English and French videos



Campagne de sensibilisation interactive « C'est pas violent »

Simulation of text message exchanges that demonstrate different forms of violence

French only



Moose Hide Campaign*

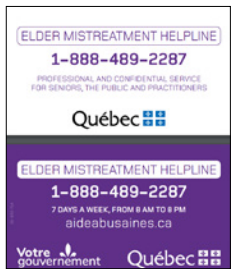
Created to allow Indigenous and non-Indigenous men and boys to speak out publicly against violence against women and children

Pins and information cards for leading a campaign in your community ([click here](#) to order)

*See [section 3.2](#) "Guides and practical sheets" for a guide designed to help you roll out this campaign in your community.



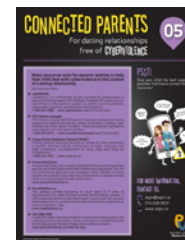
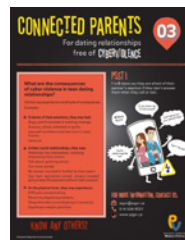
"Love Shouldn't Hurt" postcard

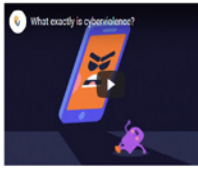


Elder Mistreatment Helpline card

Fact sheets for parents on cyberviolence in teen intimate relationships

5 topics: forms of cyberviolence, signs, consequences, crimes and resources





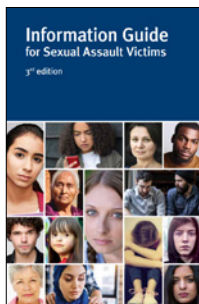
[Videos on cyberviolence for parents](#)



[Cyberviolence in Teen Intimate Relationships – A Guide for Parents](#)



[You Are Not Alone: A Toolkit for Aboriginal Women Escaping Domestic Violence](#)



[Information Guide for Sexual Assault Victims](#)

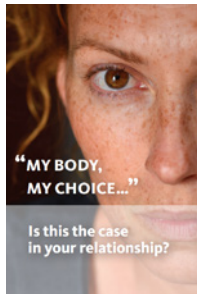


Qu'est-ce que la violence post-séparation?

French only



Post-Separation Domestic Violence... A Reality



My body, my choice



3 TRAINING AND DOCUMENTATION FOR CASEWORKERS

3.1 Training

Éducaloi : Intervenir auprès des victimes de violence conjugale : enjeux juridiques [Éducaloi: Intervening with victims of domestic violence: legal aspects]

French only

Online, self-paced

This 1.5-hour training is targeted to caseworkers and addresses the following issues:

- Making a complaint to the police
- Getting divorced or separated
- Requesting custody of your children
- Understanding the consequences on your immigration status

Information: <https://educaloi.qc.ca/publications/formation-violence-conjugale/>

Environnement numérique d'apprentissage (ENA): Violence conjugale : connaître, détecter, intervenir [Digital learning environment: Domestic violence: understand, detect, intervene]

French only

Online, self-paced

This six-hour training is targeted to caseworkers and is focused on these objectives:

- Identify the socio-historical context in which domestic violence has been recognized as a social problem
- Describe the scope of the problem of domestic violence: its manifestations and consequences
- Identify the signs of domestic violence in victims, perpetrators and children exposed to this violence
- Explain the various components that are necessary for ensuring an appropriate basic intervention with the individuals in question

Information: <https://fcp.rtss.qc.ca/ena-login/index.html>

*For caseworkers outside the network, registration information is available [here](#).



Institut de formation en matière de violence faite aux femmes

French only

Online, self-paced

- Interventions with women and services for women: Numerous workshops are available on the following topics: sexual assault, domestic violence, feminism, feminist intervention, vulnerable populations and related topics.
- Training for legal professionals: 18 modules spanning four levels: sexual violence, sexual assault survivors, the Criminal Code and complex case and improving practices and the justice system

Information: <https://institutdeformation.ca/mod/page/view.php?id=6>

It's Not Right! (raising awareness about elder abuse)

Offered by FNQLHSSC upon request (contact info@cssspnql.com)

This program was designed to promote public awareness and help the participants support older persons in the community. It is targeted to caseworkers, caregivers and loved ones. The training covers essential knowledge on abuse, types of abuse and the different ways of approaching the subject with elders.

Identify, intervene with and support a victim of abuse in a First Nations context:

Offered by FNQLHSSC upon request (contact info@cssspnql.com)

This training was designed to equip caseworkers to intervene with elders. It teaches them to detect situations of abuse and assess the available means and resources in their environment with a view to providing older persons with safer, more appropriate interventions.

Introduction to youth protection and the rights of parents and children

Offered by FNQLHSSC upon request (contact info@cssspnql.com)

This two-day training covers the basic concepts in youth protection, parental and family rights and parental responsibilities.

Information: <https://cssspnql.com/en/evenement/introduction-to-youth-protection-and-the-rights-of-parents/>

Safe Response: preventing and responding to potential crisis situations

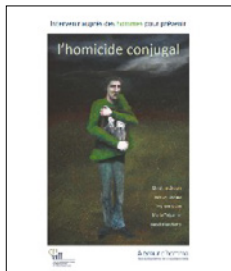
Offered by FNQLHSSC upon request (contact info@cssspnql.com)

This training, which lasts seven to ten hours, helps participants recognize the stages of escalation of a crisis and teaches them proven, appropriate techniques for de-escalating a crisis.

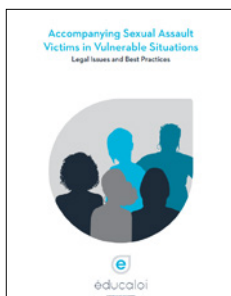
3.2 Guides and Practical Sheets



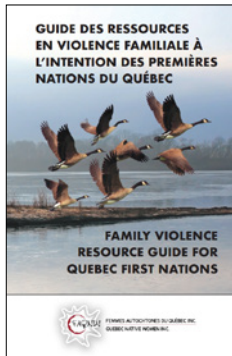
[Preventing Spousal Homicide: Pamphlet for workers who work with First Nations and Inuit](#)



[Intervening with men to prevent spousal homicide](#)



[Accompanying Sexual Assault Victims in Vulnerable Situations](#)



Family Violence Resource Guide for Quebec First Nations



Toolbox from the First Nations Forum on Sexual Assault



ANANGOSH: Legal Information Manual for Shelter Workers



Guide d'implantation pour une pratique concertée en violence conjugale et maltraitance

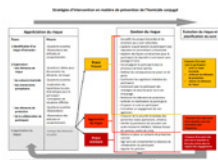
French only



Spousal homicide risk assessment grid

(included in the guide [Intervening with men to prevent spousal homicide](#))

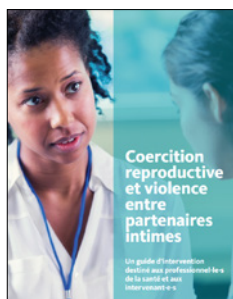
A laminated paper version is also available and can be obtained upon request at info@csspnl.com.



Intervention strategies for spousal homicide prevention

(included in the guide [Intervening with men to prevent spousal homicide](#))

A laminated paper version is also available and can be obtained upon request at info@cssspnql.com.

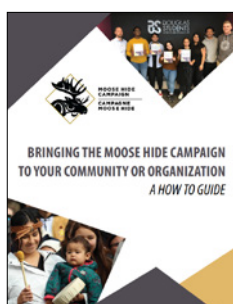


Coercition reproductive et violence entre partenaires intimes – Guide d’intervention destiné aux professionnel(le)s de la santé et aux intervenant(e)s

French only



The Healing Journey: An Exercise for Creating a Family Violence Prevention Community Action Plan

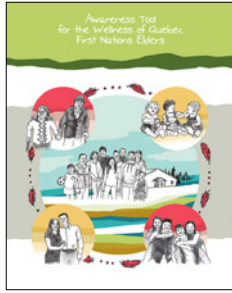


Bringing the Moose Hide Campaign to Your Community or Organization: A How To Guide

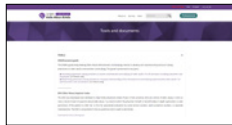


Et si c'était de la violence conjugale? – Repères pour mieux intervenir

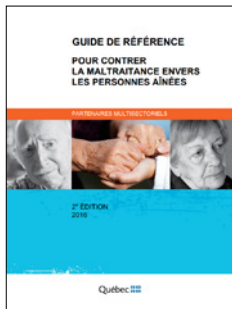
Français seulement



[Awareness Tool for the Wellness of Quebec First Nations Elders](#)

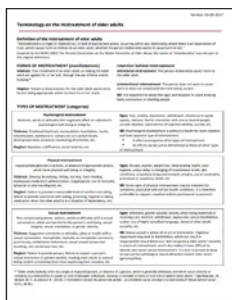


[Elder abuse detection tools](#)



[Guide de référence pour contrer la maltraitance envers les personnes âgées](#)

French only



[Terminology on the mistreatment of older adults](#)



[Trousse d'accompagnement pour les entreprises, les syndicats et les membres du personnel](#)

French only

Fiches sur la violence dans les relations intimes ou amoureuses entre hommes

French only



[Les formes et les manifestations de la violence](#)



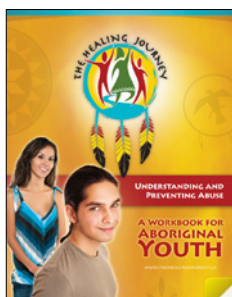
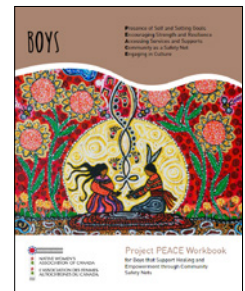
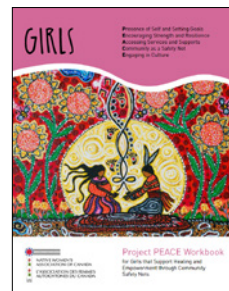
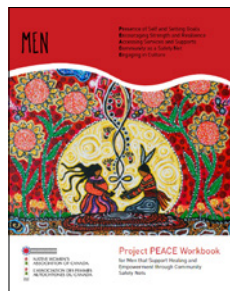
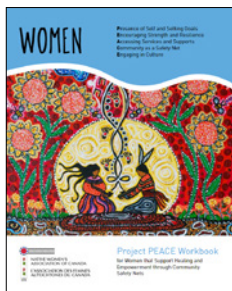
[Non-respect des ententes d'exclusivité ou de non-exclusivité sexuelle ou amoureuse](#)



[Obstacles à l'accès aux services et besoins des hommes](#)

3.3 Intervention Tools

[Project PEACE Workbook](#) for women, men, two spirit people, girls and boys, intended to prevent violence in communities by supporting healing



[The Healing Journey: A Workbook for Aboriginal Youth for Understanding and Preventing Abuse](#)

[Answer Key](#)



The Healing Journey: Teen Dating – Are You in a Healthy Relationship?



FNQLHSSC: Because I care for you – No to violence – First Nations in Quebec Teenage Violence Prevention Kit – Facilitator's Guide



“Be Together, Feel Good” fact sheets

Fact sheets for teens on sexual health and healthy relationships

[Let's talk about communication!](#)

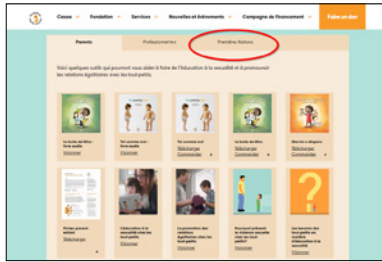
[Jealousy and Social Networks](#)



Boîtes aux lettres mère-enfant

Tool to promote mother-child communication in situations of domestic violence during or after a stay at a women's shelter

French only



Marie-Vincent Foundation: Preventing Sexual Assault – First Nations Tools

A series of culturally adapted tools developed in collaboration with the Atikamekw Nation Council and the community of Nutashkuan for use by caseworkers, educators and parents.

French, Atikamekw, Innu

The Men’s Toolbox

Fact sheets for men, their loved ones or caseworkers. You can watch the video on employing the tools [here](#) (webinar in French only).



[How to Pick Yourself Up After a Setback \(tools for men\)](#)



[How to Help a Man Close to You Access Support Services \(tool for loved ones\)](#)



[How to React to Aggressiveness \(intervention tool\)](#)



Working with Sexually Diverse Men

[Part 1](#)

[Part 2](#)

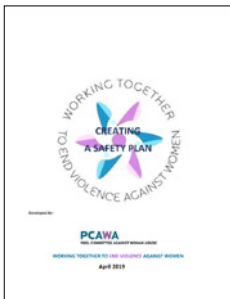
3.4 Safety Plan



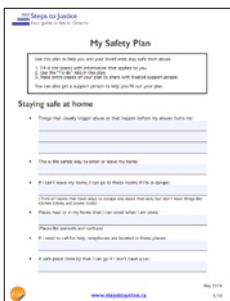
[Tool for developing a safety plan for caseworkers working with victims of family violence](#)

➔ [SOS violence conjugale: Préparer à partir: une étape délicate](#)

➔ [SOS violence conjugale: Planification de la sécurité: l'outil d'autonomisation](#)

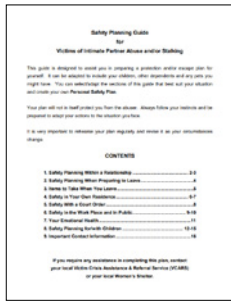


[Peel Committee Against Woman Abuse: Creating a Safety Plan](#)

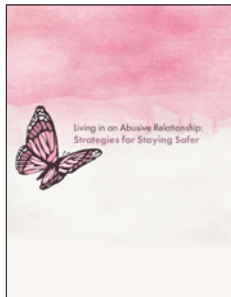


[Steps to Justice: My Safety Plan](#)

➔ [Government of Canada: How to plan for your safety if you are in an abusive relationship](#)



Safety Planning Guide for Victims of Intimate Partner Abuse and/or Stalking



Living in an Abusive Relationship: Strategies for Staying Safer



Government of Quebec – Protective Measures



The Healing Journey: Safety Planning for Aboriginal Women



The Healing Journey: Safety Plan for Children



3.4 Readings and Reference Documents (To Go More In-Depth)

Aboriginal Healing Foundation

[Aboriginal Domestic Violence in Canada](#)

[Warrior-Caregivers: Understanding the Challenges and Healing of First Nations Men](#)

[Origins of Lateral Violence in Aboriginal Communities](#)

[Aboriginal sexual offending in Canada](#)

[Aboriginal Elder Abuse in Canada](#)

Quebec Native Women

[The Aboriginal Approach to Family Violence as used by the Native Women's Shelters Network](#)

[Ishkuteu – Domestic Violence Support Services in Response to Native Women's Needs](#)

National Collaborating Centre for Aboriginal Health

[Indigenous Communities and Family Violence: Changing the conversation](#)

Groupe de recherche et d'interventions psychosociales en milieu autochtone (GRIPMA)

French only

[Projet Ussi-Iniun – Étude sur l'abus sexuel chez les Premières Nations du Québec](#)

Institut national de santé publique du Québec (INSPQ)

French only

[La violence vécue en milieu autochtone](#)

Trajectoire de violence conjugale et de recherche d'aide (trajetvi)

French only

[La violence conjugale à l'égard des femmes autochtones : interventions à privilégiées par des intervenantes sociales allochtones](#)

Public Health Agency of Canada

[A Focus on Family Violence in Canada](#)

Other articles in French:

<https://www.erudit.org/fr/revues/nps/2010-v23-n1-nps1519579/1003167ar.pdf>

[Flynn, C., Lessard, G., Montminy, L. et Brassard, R. \(2013\). Sortir la violence de sa vie, sans sortir de l'autochtonie : l'importance de mieux comprendre les besoins des femmes autochtones en milieu urbain. *Alterstice*, 3\(2\), 27-xxx.](#)

[Montminy, L., Brassard, R., Harper, E., Bousquet, M.-P. et Jacoud, M. \(2009\). La violence conjugale et les femmes autochtones au Québec : état des lieux et des interventions. Rapport de recherche. Programme actions concertées. Fonds de recherche société et culture.](#)

Other articles in English:

[Brassard, R., Montminy, L., Bergeron, A.-S., Sosa-Sanchez, I.A. \(2015\). Application of intersectional Analysis to Data on Domestic Violence Against Aboriginal Women Living in Remote Communities in the Province of Québec. *Aboriginal Policy Studies*, 4 \(1\). <https://doi.org/10.5663/aps.v4i1.20894>](#)

[Goulet, S., Lorenzetti, L., Walsh, C.A., Wells, L., & Claussen, C. \(2016\). Understanding the environment: Domestic violence and prevention in urban Aboriginal communities. *The First Peoples Child & Family Review*, 11\(1\): 9-23. <http://hdl.handle.net/1880/52197>](#)



3.5 Helplines

SOS violence conjugale:

1-800-363-9010 (24/7)

Sexual Violence Helpline

(previously named “Provincial Helpline for Victims of Sexual Assault”):

1-888-933-9007 (24/7)

Hope for Wellness Helpline:

1-855-242-3310 (24/7)

Elder Mistreatment Helpline:

1-888-489-2287 (24/7)

Canadian Human Trafficking Hotline:

1-833-900-1010 (24/7)

Suicide Prevention Centre:

1-866-277-3553 (24/7)

Kids Help Phone:


1-800-668-6868 (24/7)

Tel-jeunes:

1-800-263-2266



4 CALENDAR
OF EVENTS AND
AWARENESS DAYS



List of annual events, days and weeks related to preventing and countering violence. Consider organizing awareness activities to highlight these events.

End of February	Pink Shirt Day (to raise awareness about bullying)
May 5	National Day of Awareness for Missing and Murdered Indigenous Women and Girls
May 17	International Day Against Homophobia, Transphobia and Biphobia
June 15	World Elder Abuse Awareness Day
October 2	International Day of Non-Violence
October 4	National Day of Action for Missing and Murdered Indigenous Women
November 4	International Day Against Violence and Bullying at School Including Cyberbullying
November 25	International Day for the Elimination of Violence Against Women
November 25 to December 6	12 Days of Activism Against Violence Against Women
December 6	National Day of Remembrance and Action on Violence Against Women



Vision

First Nations individuals, families and communities are healthy, have equitable access to quality care and services, and are self-determining and culturally empowered.

Mission

To accompany Quebec First Nations in achieving their health, wellness, culture and self-determination goals.



FIRST NATIONS OF QUEBEC
AND LABRADOR HEALTH
AND SOCIAL SERVICES
COMMISSION