

Appendix E: Resource Sheet

If you need support ...

We know that talking about these topics can stir up lots of feelings and that's why we have put together this list of resources. There is no shame in reaching out and connecting to get support, in fact it is better to deal with this stuff when it surfaces than trying to ignore it.

Call these numbers anytime, staff are trained to help, and they are awesome at helping!

- Inasmuch House 905-529-8600
 - Fem-aide 1-877-336-2433
 - Good Shepherd 905-523-6277
 - SACHA 905-525-4162
- Native Women's Centre 1-888-308-6559
- COAST (mental health) 905-972-8338
- Hamilton Interval House 905-387-8881
- Assaulted Women's Helpline 1-888-760-5096 or #SAFE (#7233) on your Bell, Rogers, Fido or Telus mobile phone

Thank you for taking part in this project

We are all here helping each other.