

Safety Plan

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FLEEING ABUSE



Call 1-800-318-4455 for more information



What we will learn at this workshop:

- ⇒ TAKING THE FIRST STEP
- ⇒ IMPORTANT TO REMEMBER YOU'RE NOT ALONE
- ⇒ VIDEO'S TO WATCH (safe exit)
- ⇒ STEPS TO TAKE IN PLANNING AN ESCAPE
 - * Make up a secret code set it up with a trusted person
 - * Photocopy all important documents
 - * Store documents in your purse or wallet
 - * Make an extra set of keys
 - * Place address book, doctor information, photo's of you , kids and spouse in your purse
 - * Save and store extra money (change) somewhere
- ⇒ Brochures, Pamphlets, and Resources Available to support you and your children

HKTS serves 11 Nlaka'pamux Band communities: Ashcroft, Oregon Jack Creek, Cooks Ferry, Nicomen, Lytton, Skuppah, Siska, Kanaka Bar, Boothroyd, Boston Bar, and Spuzzum. Please call 1-250-455-2284 or email us at havenh@telus.net to book a free workshop.