

# YOU EMPOWERED STRONG (YES) PROGRAM

The YES Programs aims to support Okanagan Nation individuals, families and communities who are dealing with the impacts of family violence.

With all the measures of social distancing and quarantine, it has families spending more time in the home resulting in an increased risk of family violence. This means that the public and community are in the front lines to report violence. In order to support the Syilx Nation in this, the YES Program have compiled an emergency resource list for families fleeing violence.

**For more information, and/or if you are in need of support please contact the YES Program.**

**Okanagan Nation Alliance- You Empowered Strong (YES) Program:**

**Darryl-Jean Peeman** (778) 392-8133 or [Yes.coordinator@syilx.org](mailto:Yes.coordinator@syilx.org)

**Leslie Fabriz** (250) 681-0835 or [Yes.coordinator2@syilx.org](mailto:Yes.coordinator2@syilx.org)

- Emotional support, advocacy, resources,
- referrals, connection to cultural support, safety planning.
- Online Education/Prevention sessions (sessions available also by request)
- Available through phone, text, email, Goto, Zoom, Skype, Facebook, etc.
- Hours are Monday to Friday 8:30am to 4:30pm, unless there is an emergency or a request in advance for programming.

## TIPS

While people are encouraged to stay at home, you may feel isolated from your friends and family. Even if you are isolated, try to maintain social connections online or over the phone, if it is safe to do so, and try to stick to your daily routines as much as possible.

With individuals at home more often it may be more difficult to communicate with others. Make a plan with a friend, family member or co-worker to have a secret signal to indicate that you are unsafe.

### Tips to stay safe online

- Use private browsing / incognito mode when using our chat function
- Use a password on your phone or device
- Clear your browser history after your chat
- Delete your text history after texting us
- Don't take screenshots

## COVID-19 uniquely impacts women experiencing violence:

- Abusive partners may withhold insurance cards, threaten to cancel insurance, or prevent survivors from seeking medical attention if they need it.
- Survivors who are older or have health issues may be at increased risk in public places where they would typically get support.
- Travel restrictions may impact a survivor's escape or safety plan – it may not be safe for them to use public transportation or to fly.
- Abusive partners may share misinformation about the pandemic to control or frighten survivors, or to prevent them from seeking appropriate medical attention if they have symptoms.
- Abusive partners may withhold necessary items, such as hand sanitizer or disinfectants.
- An abusive partner may feel more justified and escalate their isolation tactics.

**What do you need?**

# Resources For Domestic Violence (Okanagan Region)

## TRANSITION HOUSES:

### Okanagan Nation Transition Emergency House (ONTEH) (Penticton)

Phone 250-493-4902 or Toll Free 1-877-493-4909

- Women's transition house open (Taking COVID-19 Safety measures)
- Ability to support men Fleeing domestic violence
- Referrals to counselling and resources

### South Okanagan Women in Need Society (SOWINS)(Penticton):

Counselling Office: 250-493-4366 or 24 Hour Crisis line 1-800-814-2033

- Women's transition house open (Taking COVID-19 Safety measures)
- Counselling and Outreach
- 2 Youth Beds
- Community Based Victims Services

### South Okanagan Safe Home (Oliver/Osoyoos)

24 hour Women's shelter and helpline 1-877-723-3911

Women's Transition beds open

Counselling and outreach via online service

Affordable housing

### Kelowna Women's Shelter

24 Hour helpline: 250-763-1040

- Women's Transition house open (Taking COVID-19 Safety measures)
- Second Stage Housing
- Counselling and outreach
- Peace Program (Previously known as *Children Who Witness Abuse Program*)

### Archway Society for Domestic Peace (Vernon)

24 hour helpline: 250-542-1122

- Transition house open (Taking COVID-19 Safety measures)
- Outreach
- Counselling support via online sources.

### Coldwater Band Transition House- (Merritt) **\*\*Currently Closed\*\***

Phone: 250-378-6170

## OTHER SUPPORT & CRISIS SERVICES/HOTLINES FOR VIOLENCE:

### Central Okanagan Elizabeth Fry Society

Phone: 250-763-4613 (allow 24 hours to respond)

Email: [info.efry@coefs.ca](mailto:info.efry@coefs.ca)

Website: <https://www.empowerific.com/>

- Remote victims assistance
- Crisis response, safety planning
- Trauma therapy for adults and youth who have experienced sexual and domestic violence

### Victim Link BC

Available 24 hours a day, 7 days a week. Call 1-800-563-0808

Email: [VictimLinkBC@bc211.ca](mailto:VictimLinkBC@bc211.ca)

Website: [www.victimlinkbc.ca](http://www.victimlinkbc.ca)

- Telephone information and referral service for victims/survivors of sexual assault, domestic violence, child abuse and other crimes.

### **Battered Women's Support Services**

Phone: 1-855-687-1868 or 604-687-1867

Text: 1-604-652-1867

Email: [Intake@bwss.org](mailto:Intake@bwss.org)

Website: <https://www.bwss.org/>

- Emotional Support and safety plans
- Resources
- Violence Blog/Online sessions/newsletter

### **WAVAW Rape Crisis Centre**

24 Hour Crisis and Information Line: 1-604-255-6344 or 1-877-392-7583

Email: [admin@wavaw.ca](mailto:admin@wavaw.ca)

Website: <https://www.wavaw.ca/>

- Workshops and resources
- Support of survivors of sexual assault
- Hospital accompaniment
- Police and Court Accompaniment
- Indigenous and non-indigenous counselling
- MMIWG2S Family Counselling

### **Senior's Abuse and Information Line:**

Phone: 1-866-437-1940

(7day/week 8am-8pm)

Website: <http://seniorsfirstbc.ca/programs/sail/>

- Resources and Referrals
- Emotional Support
- Victims Services Program

### **Desert Sun Counselling Centre (Oliver/Osoyoos Office)**

(24 Hour Crisis Line) 1-877-723-3911

Oliver Office: 250-495-6925

Osoyoos Office: 250-498-2538

Website: <https://desertsuncounselling.ca/>

- Virtual Counselling services and programs
- Community Outreach
- Parenting
- Affordable housing
- Seniors

### **NOW Canada (Kelowna)**

24/7 Shelter: 250-763-2262

Office: 250-763 3876

- Women and Children Safe Centre (Homeless shelter)
- Homeless Prevention
- Affordable housing
- Counselling and resources

### **Canadian Human**

Trafficking Hotline: 24/7 Hotline 1-833-900-1010

## **Children and Youth Resources**

Kids Help Phone

Available 24/7 kids phone counsellor: 1-800-668-6868

Text: Text "Connect" to 686868 (Follow Instructions that are text to you)

Website: <http://kidshelpphone.ca/>

**Child Protection Services:** Available 24/7 1-800-663-9122

## **Youth Against Violence Line**

24/7 Phone:1-800-680-4264

Text: 1-604-836-6381

Website: <http://www.youthagainstviolenceline.com/>

- Support if you or someone you know is unsafe
- Information and Assistance

Penny Lane Youth Transition House (Kelowna)

Phone: (250) 861-5593

Email: pennylane@boysandgirlsclub.ca

- Temporary shelter to youth ages 13-18 experiencing displacement, at risk of violence and/or homelessness
- Also assists and encourages youth to resolve family issues, reconcile with their families or find independent accommodations within the community.
- COVID-19 safety measures reduced beds to 3 Community Beds and 1 MCFD funded bed (Originally 6)

## **Foundry Penticton**

Phone: 778-646-2292

Email: FoundryPenticton@OneSkyCommunity.

Website: <https://foundrybc.ca/>

Young people ages 12-24

Access to mental health, substance use, primary care, peer support and social services support

Phone and online only

**Vernon Youth Safe House** (North Okanagan

Friendship Centre Society)

Phone: 250-260-7077

(Mon-Fri 4pm to 7pm, Sat-Sun Closed 12pm to 8pm)

Ages 13 to 17

- Shelter to youth who are at risk of violence, homelessness or exploitation
- Youth resources and referrals

## **MEN'S SERVICES**

**John Howard Society** (Kelowna)

Phone: 250-763-1331

Email: national@johnhoward.ca

Website: <https://johnhoward.ca/>

Support and services

Transitional housing (Harvey House 250-763-1331)

Supportive housing

Homeless prevention (Cornerstone Shelter 250-317-6678)

Justice Services

Community Living BC Services

**Penticton:**

Compass House 250-490-9521 or 250-493-3991

Providing shelter, referrals and resources to men experiencing homelessness and/or mental health conditions

**Vernon:**

John Howard Society Men's Shelter (250) 542-4041

Provides shelter, meals, resources and referrals to men experiencing homelessness

**Gateway Men's and Women's Shelter** (250) 260-2792

Provides temporary shelter, meals, resources and referrals to people experiencing homelessness

Other Supports:

**Canadian Human Trafficking Hotline:** 24/7 Hotline 1-833-900-1010

**FOR INFORMATION ON DOMESTIC VIOLENCE:****Ending violence Association of BC (EVA)**

Phone:

604-633-2506

Website: [www.endingviolence.org](http://www.endingviolence.org)

- Prevention programs
- Training
- Resources
- Safety planning