

EXPERIENCING GENDER-BASED VIOLENCE?

WHO TO CALL

IF YOU LIVE IN KITCHENER-WATERLOO
519-742-5894

IF YOU LIVE IN CAMBRIDGE
519-653-2422

IN DANGER?
CALL 911

NEEDING SOCIAL SERVICES?
CALL 211

ASSAULTED WOMEN'S HELPLINE
416-863-0511 OR 1-866-863-0511

HERE24/7
1-844-437-3247 (HERE247) LOCAL: 519-821-3582 |
TTY: 1-877-688-5501

Women's Crisis Services
OF WATERLOO REGION



Ontario



ASSAULTED
WOMEN'S
HELPLINE

HERE
24
SEVEN

ONLINE RESOURCES

<https://www.carizon.ca/counselling/family-violence-project/>

<https://sheltersafe.ca/ontario/>

<https://preventingcrime.ca/keepfamiliesafe/>

<http://dartwaterloo.ca/>

CARIZON
Inspiring Hope + Wellness in Our Community

sheltersafe
HELP IS JUST A CLICK AWAY

KEEP FAMILIES SAFE
PREVENT FAMILY VIOLENCE IN WATERLOO REGION

DART
Domestic Assault
Review Team of
Waterloo Region

THE SIGNAL FOR HELP

"Signal for Help" is a simple one-handed sign someone can use on a video call. It can help a person silently show they need help and want someone to check in with them in a safe way.

THE
VIOLENCE
AT HOME
SIGNAL
FOR HELP



1. Palm to camera and tuck thumb



2. Trap thumb

The Signal for Help was launched by the Canadian Women's Foundation in response to COVID-19.

