

RELATIONSHIPS



Investing
in People

MULTICULTURAL COUNCIL
OF WINDSOR AND ESSEX COUNTY

HEALTHY

Respect & Acceptance

Saying Nice Things

Caring, Trusting

Feeling Secure

Honesty

Support

UNHEALTHY

Putting You Down

Having Power Over You

Controlling What You Do,
Who You See & Where You Go

Feeling Fear, Anger & Grief

Intimidating & Threatening

Shoving, Hitting, Choking

Look after YOUrself

YOU ARE AN IMPORTANT PERSON!

◆ DON'T LOSE TRACK OF WHO YOU ARE ◆ RESPECT YOURSELF, STAND UP FOR YOURSELF AND STAY SAFE!



Neighbours, Friends & Families
Immigrant & Refugee Communities

Talk to someone you TRUST
Find SUPPORT in your
COMMUNITY

PACK & HIDE a bag with
important DOCUMENTS

Find a SAFE place to GO

Have a PHONE ready & know
who to CALL FOR HELP

THE ASSAULTED WOMEN'S HELPLINE

1.866.863.0511

FOR IMMEDIATE SAFETY CALL 911