

# 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