

Rights & Responsibilities

We want to make your time at Inasmuch House comfortable, supportive, and empowering. We promise to uphold these rights and responsibilities for every woman and child who stays with us:

- To be treated with respect and to be free from discrimination
- To self-determination and individual decision-making
- To information about services and resources in order to make informed decisions
- To provide input and feedback into shelter programs
- To receive support from staff and identify short-term and long-term priorities
- To confidentiality of personal information and identity
- To a fair and clear complaint process without fear of reprisal

Mission Services of Hamilton acknowledges the colonization of the lands where it operates and specifically the **Anishinabek** and the **Haudenosaunee** people who are the traditional custodians of this land.



Contact Us

Tous nos services sont disponibles en français.

Crisis Line

 **905-529-8600**

Administration Phone No.

 **905-529-8149**

Toll Free (free including pay phones)

 **1-833-654-4217**

TTY

 **905-529-8029**

Email

 **inasmuch@mission-services.com**

Online

 **www.mission-services.com**

Donations to Inasmuch House can be made online. Toys, school supplies, and hygiene items can be dropped off at 196 Wentworth St N.

 **Ontario**
Ministry of Community
and Social Services



Mission Services' Inasmuch House



Shelter and support for women and their children experiencing violence and abuse

You are not powerless.

Crisis Line:
905-529-8600

Toll Free (free including pay phones):
1-833-654-4217



mission-services.com

What is Woman Abuse?

Woman abuse is any use of psychological, physical or sexual force to intimidate, humiliate or frighten victims, or to make them feel powerless.

Woman abuse can be physical violence, or it can be hard to pinpoint and can make it difficult for women, as well as friends or family to recognize it as abuse. Abuse against women occurs in families of all backgrounds and types, including same sex relationships, as well as rural and urban settings.

Typically, over time, abuse gets worse and happens more often. Once an abuser uses physical violence, they are likely to intensify their assaults and increase a woman's risk of harm and serious life-threatening injury. Women are also at increased risk of harm once the abuser becomes aware they are thinking of leaving or reaching out for help. **It is possible to leave an abusive situation safely. You are not alone and you are not powerless – we are here to help.** Accessing emergency shelter services and supports can often be the first step towards rebuilding a life free from violence.

Call us if you would like to discuss your situation or get more information about making a plan to keep you safe and free from harm.

How Inasmuch House Can Help You

Inasmuch House is a Violence Against Women (VAW) shelter that provides temporary shelter and supports for women and their dependents experiencing abuse or violence. Below are some of the services for women and children. Please reach out if you want more information for yourself or a woman you know.

Crisis Services

- Crisis phone line
- Danger assessment and safety planning
- Emergency transportation
- Information & referrals

Risk Management Planning

- Help meeting goals toward living a life free from violence
- Age appropriate supports for children and child witness program



Emergency Residential

- Safe and secure emergency shelter
- Free meal service, hygiene supplies, harm reduction support
- Child & Youth Program

Transitional Supports

- Legal advocacy support in all areas of law
- Help finding and maintaining housing
- Ongoing safety assessment and risk management support

Reach out to talk to us about your situation and how we can help: 905-529-8600.