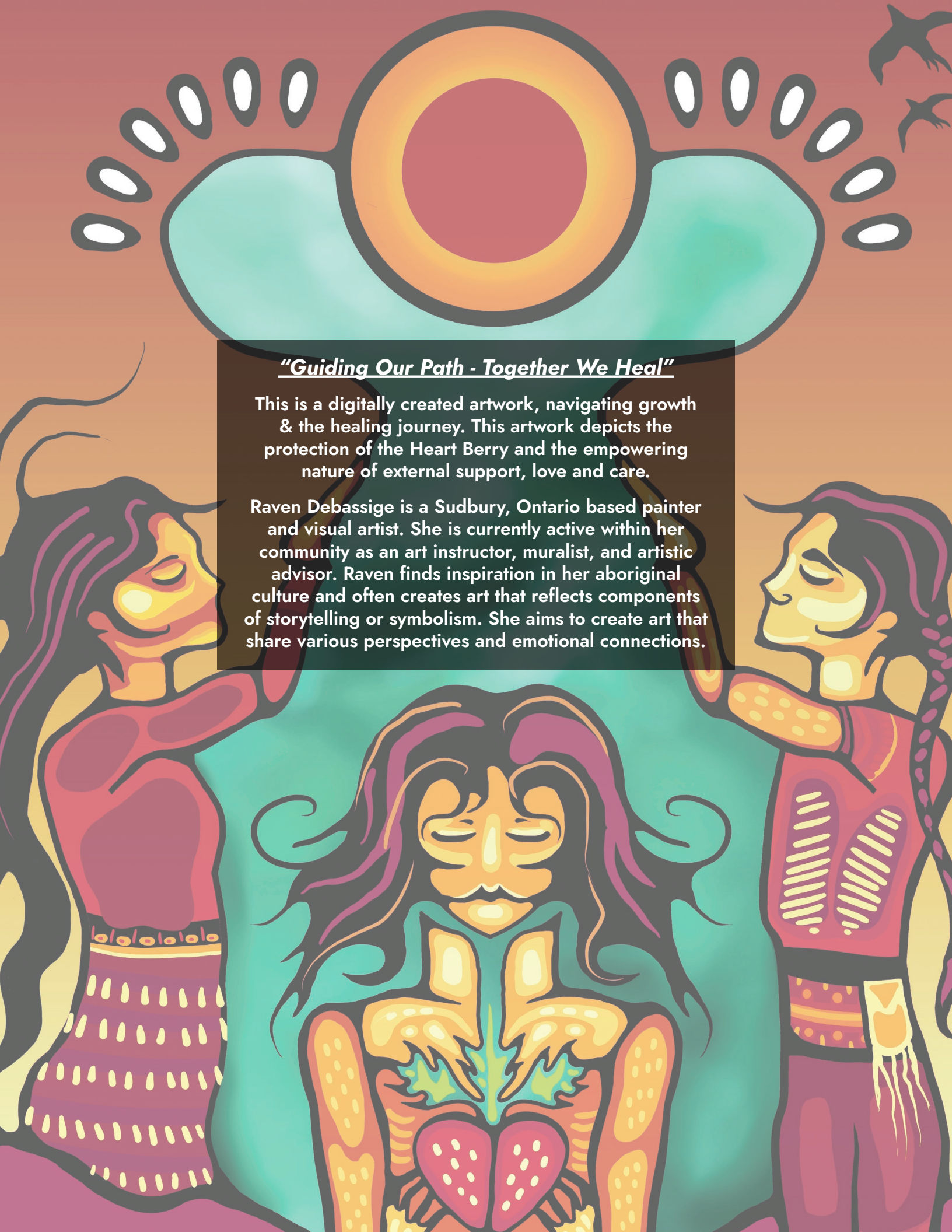




Guiding Our Path - Together We Heal:

Human Trafficking and Intimate Partner Violence Tool Kit For Survivors



"Guiding Our Path - Together We Heal"

This is a digitally created artwork, navigating growth & the healing journey. This artwork depicts the protection of the Heart Berry and the empowering nature of external support, love and care.

Raven Debassige is a Sudbury, Ontario based painter and visual artist. She is currently active within her community as an art instructor, muralist, and artistic advisor. Raven finds inspiration in her aboriginal culture and often creates art that reflects components of storytelling or symbolism. She aims to create art that share various perspectives and emotional connections.

Acknowledgement

The following toolkit was created through Project Indigenous Trauma Informed Prevention and Support (ITIPS) funded by the Government of Ontario and led by the Greater Sudbury Police Service in partnership with Shkagamik-Kwe Health Centre and N'Swakamok Native Friendship Centre. The Greater Sudbury Police Service would like to acknowledge the time, work, and dedication of our partners in helping to create this toolkit. This toolkit would also not have been possible without the help of some of our other community partners: Sudbury and Area Victim Services (SAVS), Angels of Hope Against Human Trafficking, the Indigenous Advisory Council for GSPS and Atikameksheng Anishinawbek. Finally, and most importantly, we would like to thank the individuals with lived experience that shared their stories with us. Their strength, resilience, and truth are the foundation of this work, and it is our hope that by offering this toolkit we can assist others while they walk their own journey.

Content Warning

This toolkit will discuss topics such as human trafficking, sex trafficking, intimate partner violence and trauma. If at any point you feel uncomfortable, please take a break, and do some self-care activities such as deep breathing, meditation or going for a walk. If you are triggered and need help, please reach out to your support system or for immediate help contact crisis for support, such as the Health Science North (HSN) crisis line at 705-675-4760.



A Note on Terminology

There are always challenges in finding ways to best describe people. Terms that define groups and people are ever growing and is a result of the social and political environments in which we live. Some terms that describe people who have experienced violence can be hurtful and enforce stereotypes, but others can promote acceptance and inclusion. For example, using the terms 'victim' vs. 'survivor'.

As such, where it is required to describe people outside of court proceedings, we refer to the person and their experience rather than using the term 'victim'. However, because the word 'victim' is a legal term used to describe a person who has been harmed by a crime within the justice system it will be used within the court and legal aspects of this toolkit.

It should be noted that at the time of this publication the term 'survivor' has been identified and used by those who have experienced violence as a descriptor, and we will use this term where appropriate throughout the document.

It should also be noted that at the time of this publication the term 'Indigenous' is used to refer to First Nations, Metis and Inuit people and will be used throughout this document.



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Introduction

Gender-based violence (GBV) involves harmful acts of abuse that impact not only victims/survivors, but their families and communities as well. While gender-based violence affects and happens to people of all genders, women are disproportionately affected, with 44% of non-Indigenous women and 66% of Indigenous women having experienced some type of intimate partner violence within their lifetime.

The Greater Sudbury Police Service (GSPS) recognizes that it services a unique area that is home to a large urban Indigenous population, with 10 First Nations communities within the surrounding area. In addition, the Sudbury area is a central location between Northern and Southern Ontario, making it a major hub and transit route for Human Trafficking (HT) movement and recruitment. With this in mind, the need to provide awareness, education, intervention, culturally inclusive survivor support, safety planning & outreach, enhanced service and justice equity have been identified within our community. Part of this work includes the development and offering of this guide to our community in hopes that the information will support potential victims and survivors and help in the healing of those who are at risk of or have been affected by this exploitation and violence.

Prevention

Prevention strategies for any type of gender-based violence is a responsibility that does not fall on one person, organization, or community. It requires involvement from all levels - from the government, legal and judicial systems, our community, through to family and as individuals. The following 'STOP Sexual Violence' prevention strategy from the Centre for Disease Control (CDC) shows some ways that we can work to prevent this type of violence from occurring.



Teach Safe & Healthy Relationship Skills

- Social-emotional learning programs for youth
- Healthy relationship programs for couples



Engage Influential Adults & Peers

- Men and boys as allies in prevention
- Bystander empowerment and education
- Family-based programs



Disrupt the Developmental Pathways Toward Partner Violence

- Early childhood home visitation
- Preschool enrichment with family engagement
- Parenting skill and family relationship programs
- Treatment for at-risk children, youth, and families



Create Protective Environments

- Improve school climate and safety
- Improve organizational policies and workplace climate
- Modify the physical and social environments of neighbourhoods



Strengthen Economic Supports for Families

- Strengthen household financial security
- Strengthen work-family supports



Support Survivors to Increase Safety and Lessen Harms

- Victim-centered services
- Housing programs
- First responder and civil legal protections
- Patient-centered approaches
- Treatment and support for survivors of IPV, including teen dating violence



HUMAN TRAFFICKING

Human Trafficking

Human trafficking is the act of recruitment, transportation, harboring (hiding) and/or controlling direction, or influence over the movements of a person to exploit them. It is often referred to as a modern form of slavery. The ways in which a person can be exploited through human trafficking include sexually, through forced labor and organ removal.

People who have experienced human trafficking suffer physical and/or emotional abuse and may also face fatal consequences if there is an attempt to escape. This crime is an assault on the human rights of those who are trafficked.

Trafficking can happen through criminal networks (such as organized crime groups), or individually (by one person). This crime happens within and outside of Canada, with Sudbury currently being a hub for sex trafficking in Ontario. Traffickers make large amounts of money from those they exploit, while also robbing them of their freedom and dignity.

Sex Trafficking

Sex Trafficking is a form of human trafficking, in which people are made to perform commercial sex acts (sex acts for money), through the use of force, coercion (to persuade an unwilling person) or fraud. Sex trafficking exists in many places and businesses including escort services, residential brothels, in public, on city streets and in truck stops, strip clubs, hostess clubs, hotels and motels, and elsewhere. It is important to note that although sex trafficking does happen in these areas and businesses, that legitimate sex work may also take place in these areas outside of the trafficking experience.

Children and youth are among those most at risk of being targeted by sex traffickers. The average age of recruitment into sex trafficking in Canada is just 13 years old. Children and youth under the age of 18 legally cannot engage in any kind of sex work or in exchanging sex for money, drugs, alcohol, shelter, transportation, food or any other object or necessity. Any person who recruits, transports, transfers, receives, holds, hides, or harbors a person under the age of 18, or exercises control, direction, or influence over the movements of a person under the age of 18 for the purpose of exploiting them is committing a crime.

Sex Work and Human Trafficking

Human trafficking and sex work are often associated together. While there can be overlap in the sense that a person who is human trafficked can be forced into work in the same areas where legitimate sex work occurs, they are not the same. Sex work differs from trafficking in that it is a legitimate form of employment, with its workers providing a service for a fee which they set or agree upon, keep their earnings, is done without coercion or control and is consensual. Human trafficking occurs when a person is forced or coerced into providing sexual services, it is not consensual and they are not able to set fees for their work, choose their hours of work and they must give most or all their earnings to their trafficker.

Sex work is work, and those who work in the profession come from varied backgrounds and experiences as well - just as in any other profession (For example, sometimes sex work is a generational occupation: Grandmother and/or mother was a sex worker and then sometimes daughters follow the trade or are introduced to it through them). It may also be the most familiar and/or accessible means of making money for them. Unfortunately, due to the stigma and criminalized aspects of sex work, workers are at an increased risk of being trafficked themselves, as well as being harmed through sexual and physical violence. Due to stigma and criminalized aspects of sex work, workers often feel shamed, must conduct their work in unsafe environments that are often in hidden areas and are afraid of family, friends, loved ones, landlords, alternate employers, and child welfare agencies etc. finding out about their work and facing potentially harmful and devastating outcomes. This secretive aspect of sex work makes it easy for traffickers to exploit any knowledge they may have of a person's sex work status and leads easily to an exploitative situation. To combat this, people who work in the sex industry need to have the right to work safely, the right to be supported and resourced without judgement, shame, stigmatization, and threatening implications. Further, they should also have the right and resources to see themselves as deserving of protection, have more control over their work relations, and access to help in situations where a crime is committed against them and without judgement.

Risk Factors for Sex Trafficking and Exploitation

Victims of human trafficking can be anyone, regardless of race, color, national origin, disability, religion, age, gender, sexual orientation, gender identity, socioeconomic status, education level, or citizenship status. While human trafficking can affect anyone, traffickers largely prey on those who are part of the most vulnerable, alienated communities in society. Some risk factors include:

- History of mistreatment at home - especially sexual abuse
- Involvement with the child welfare or juvenile justice systems
- History of running away
- Homelessness
- Financial/economic concerns
- Substance use (self or family)
- Mental health concerns (self or family)
- Unmet needs (love, belonging, affection, protection)
- Low self-esteem
- Lack of identity
- Being a part of the Black Indigenous People of Colour (BIPOC) community - particularly Indigenous women

Being Recruited

Traffickers can be from all walks of life and use many different tactics to recruit people into trafficking. There are some general 'types' of traffickers that are based on the tactic they use to manipulate and recruit people. These types include:

1. The Businessperson: This trafficker will approach potential targets with the idea that they are 'helping' by going into business with them. This normally happens when a person is new to sex work. The trafficker may say that they will introduce them to contacts, show them how to advertise their services, book clients and provide protection if they are willing to split proceeds 50/50. Slowly, the 'businessperson' will make excuses for taking a larger profit, eventually having the person working and giving most or all their profits over.

2. The Gorilla/Godzilla Trafficker: Uses kidnapping or extreme force to recruit. This is most often seen in TV and movies. While this type of trafficking does occur, it is not as common as portrayed in the media.

3. The 'Female Friend': This person normally 'works' for a trafficker or pimp as a recruiter. They will befriend the individual and use their friendship as an 'in' to make them feel safe and comfortable. Once they have brought them into the trafficking situation, they end the friendly relationship. This person is normally also being trafficked but is forced into a recruitment role and is generally given small rewards to encourage continued recruitment. The trafficker controls this recruiter in the same ways as other people they traffic and makes the recruiter believe they have no choice but to follow their orders.

4. Family: Sometimes family members act as recruiters for traffickers for financial or other gains.

5. Digital Sex Trafficking: Traffickers will use social media to meet and befriend an individual using social engineering (they will 'friend' the persons' friends and family on social media and begin commenting and interacting with their pages, so the person becomes familiar with them. They will then 'friend' the person they want to traffic and begin commenting and interacting with their social media). Once this relationship is created, the trafficker will ask the person to post or share their nude photos with them and starts selling them. They may also use blackmail to force the person to start an OnlyFans account or other subscription-based site with the payments going directly to the trafficker.

6. The Romeo or 'Boyfriend': This is the most common tactic used to recruit people into sex trafficking. This relationship begins in what seems to be a normal intimate relationship. The trafficker will start an intimate relationship with the individual and shower them with attention, gifts, and their time. Slowly, over time the trafficker will take those things away. They will begin to ask the person to engage in sex work to pay bills, pay them back for gifts they purchased, or for rent. They will begin to emotionally manipulate the person they are trafficking and withhold affection and threaten or become violent if they are not compliant. Many of the people trafficked by a 'Romeo' do not believe that they are being trafficked and believe that they are in a relationship.

Overall, once a trafficker has successfully recruited an individual, their goal becomes to maintain control and exploit the individual. They do this through:

- Relationship manipulation
- Removing any positive influences (friends, family, teachers, mentors etc.) in the person's life so they become completely dependent on the trafficker
- False promises of a better life and creating a sense of family
- Sexual abuse
- Forcing the person to engage in illegal/criminal activities
- Threats of violence against them, their family or loved ones.
- Intimidation
- Physical violence
- Isolation from friends and family
- Taking away their identifying documents and passports
- Impregnating the individual to create a familial bond
- Traffickers will encourage good behavior by collecting cash at the end of each day, so the person starts the next day without any money. The person being trafficked will then have to go out the next day and make more money if they want to have food, housing, and other necessities.
- Traffickers will also put the individual in debt to make them financially dependent.
- Traffickers will use extortion as a tool to keep individuals with them as well. For example, threats of sharing pictures, outing a person's sex work status, or involvement in criminal activity to family, friends, landlords, Children's Aid etc. The stigma of sex work plays a powerful role in its use as a tool for exploitation.

Being Trafficked

If you are being, or have been trafficked, the most important thing to know is that it is not your fault. This experience can be very traumatic but there is help available to you and your loved ones.

Due to the trauma caused because of, or experiences before being trafficked, it is very common for individuals who are in a trafficking situation to have a hard time identifying when they are being exploited and manipulated by their trafficker.

If you are being or have been trafficked, you may be feeling:

- Anger
- Guilt
- Shame
- Fear
- Confusion
- Sadness or Depression
- Anxious
- Loss of control
- Lack of trust in relationships
- Conflicted feelings toward your trafficker

These feelings are common reactions to exploitation and abuse, but you also may be feeling other things as well and that is okay too.

There are also many psychological impacts on a person who has been exploited, such as anxiety, depression, and PTSD. Due to this it is also not uncommon for individuals to experience the following:

- Drug and alcohol abuse
- Pregnancy
- Sexually transmitted and blood borne infections
- Thoughts of suicide or self-harm
- Homelessness

If you are feeling overwhelmed by these experiences and need immediate support, please call a local crisis line (in Sudbury, 705-675-4760) or go to your nearest emergency department (in Sudbury, Health Sciences North - 41 Ramsey Lake Road). You can also reach out to a doctor, healer, counsellor, Elder etc. if you need someone to talk to. There is a list of resources at the end of this toolkit if you need extra support as well.

Further, when a person has a traumatic experience, trauma bonds can occur. This is when a person forms an unhealthy attachment to the person who is abusing them. As discussed earlier, traffickers will lure and groom individuals with the promise of a loving relationship. When this occurs, it creates a bond between the individual and their trafficker that can be intense and confusing. This trauma bond is what keeps an individual stuck in an abusive situation and allows a trafficker to control the individual who they are trafficking. As part of this bond, the person being trafficked will feel uneasy in the relationship and strive to do whatever it takes to bring the relationship back into the honeymoon phase they had at the beginning of the relationship. The cycle always remains the same though - the trafficker becomes angry, they apologize and then become affectionate. While this causes distress to the person being trafficked, it is also predictable and consistent which makes leaving difficult and overwhelming.

Signs of a Trauma Bond

A trafficked person may:

- Show gratitude for small kindnesses shown by the trafficker
- Feel loyal to or defend the trafficker
- Feel that the trafficker genuinely loves and cares for them
- Feel that the only person who can help or care for them is their trafficker
- Rationalize violence by their trafficker

Understanding how this bond works can help explain why people 'don't just leave' an abusive situation. The complexity of trauma and the trauma bond can be difficult to break, and this is because the bond that is formed makes trafficked individuals believe that they aren't being victimized. Many times, they will feel that they are in a romantic relationship, not an exploitative one.

Further, if the person being trafficked has past childhood trauma or suffered abuse previously, they may feel that they are unworthy to be safe and loved. Additionally, they may have had negative experiences with police and other social service agencies making them untrusting and hesitant or even unwilling to seek help. Finally, they may also feel that the exploitative relationship is normal based on life experiences, while a healthy, loving relationship can feel foreign and unsafe.

Human Trafficking: The Justice Process

If you are ready/able to leave your trafficker, you have options available to you. You do not need to report your trafficker to access police, victim services and other social supports. If you want to leave the situation you are in and get to safety, or some help with the healing journey, that is enough to reach out. If you do wish to report your trafficker, that is okay too, and the police and other social services can assist you with that. A list of resources is available at the end of this toolkit if you are looking for help. If you do wish to report a case against your trafficker, this section will guide you through the process of what you can expect from the beginning to end of a case.

1. Reporting

If you are in immediate danger, it is always important to call 911. If you are in the Greater Sudbury Area and are not in an emergency, you can always come into the police station at 190 Brady Street or contact police at 705-675-9171 to report. You may also fill out a report online through CopLogic via the Greater Sudbury Police Service website, under the reporting tab at www.gspss.ca. You can also file non-emergency reports through canadianhumantraffickinghotline.ca

Once you have reported your incident to the police, in a non-emergency situation, an anti-human trafficking detective will be assigned your case and will contact you. It is important that the phone or email information you share with the police is safe for you to access for this reason. Once the police have contacted you, they will likely ask to meet for an interview so you can share the details of your experience. You will also be given the option to have someone from Sudbury and Area Victim Services attend the interview with you for support and crisis intervention if needed.

2. Staying Safe

Many individuals who have been trafficked will have legitimate fears for their and/or their loved one's safety once they have left their trafficker. Many traffickers use threats and acts of violence to manipulate and control those they traffic. The loss of control over the person they are trafficking, as well as the loss of income can cause traffickers and their associates to become violent in an attempt to regain control of the individual and/or dissuade them from cooperating with investigations.

The police, courts and social supports are very aware of these risks and make every effort to ensure your safety. They will work with you and your family on safety planning and can assist you with finding temporary shelter and housing options. Once charges are laid, the trafficker will also likely have 'no contact' orders in place so that if they or anyone that the trafficker may use to attempt to reach you (by phone, email, text, in person, social media) will have charges added to their case and if they are out on bail, may be brought back into custody.

The Victim Quick Response Program (VQRP) is designed to assist victims of the most violent crimes who require immediate financial assistance that can't be obtained through other sources. Eligible victims of human trafficking may have access to limited financial assistance. To access this assistance, you can contact Sudbury and Area Victim Services (SAVS) to determine if you are eligible. SAVS will meet with you to assist with the application process and ensure that you have the proper community supports. The program is designed to fill the gap between when a crime occurs and when the victim receives longer-term support services.

3. Investigations

The police will conduct an investigation based on the information you shared. You will need to be interviewed as part of this process. You will have supports through this process to make it as comfortable as possible for you. The police will look for evidence to support the laying of charges. They will be in contact with the Crown Attorney (the prosecutor) to consult with them regarding warrants, what evidence would be beneficial to a case and how to protect your rights. If there is enough evidence to support charges, the police may lay charges. In cases where no charge is laid, the police will provide an explanation as to why. Just because the police do not lay charges after their initial investigation does not mean that your case is closed. If new evidence becomes available, charges can always be laid at a later date.

4. Arrests

Once a person is arrested and charged, they legally become the 'accused'. In most cases, the accused person will be arrested and held in custody where they will be brought to court for a bail hearing. The bail hearing is done in front of a Justice of the Peace (JOP) or Judge, a Crown Attorney and the lawyer representing the accused. During this hearing, the JOP or Judge will decide if the accused will be released or held in custody and transported to jail.

If the accused is released, there are usually conditions placed upon them to ensure the safety of the victim. If these conditions are not followed and a complaint is received, the police will conduct an investigation into the alleged failure to comply with their release order. If the police have sufficient evidence, then charges will be laid. In these cases, the police will review the circumstances to determine if the accused is released or held for bail court. You will not have to attend the bail hearing, but you will be notified of the court decision to release or hold the accused in custody as well as any conditions that are placed on the accused.

5. The Court Process

The court process can be long and difficult. Human trafficking cases can take years to finalize. It is therefore important for support services to be in place from the beginning through to the end. The Victim Witness Assistance Program (VWAP) will be contacted at the beginning of the court process and will assign a support worker to you. VWAP also works closely with the Crown, police, and other community organizations to help meet your needs (safety planning, housing, coordination of services). When they work with you directly, they will assist with emotional support during the entire process and help create a flexible and creative approach to any meetings, interviews, and court appearances you may need to make. If you are required to testify in court, they will also be available to support you there and advocate for your needs such as: providing testimonial aids (support animals, closed circuit television), having secure and safe waiting areas, escorting you throughout the courthouse, discussing and helping with any security concerns such as exploring different entrances/exits to the courthouse to ensure your safety and comfort. VWAP can also cover meal costs during

court proceedings and will also help with funding to ensure a support person is available to you during the court process. In addition to this, VWAP will:

- Help you understand what to expect at each court appearance you are required to attend
- Let you know when you are required to come to court
- Provide you with any court related paperwork you need
- Help you complete a Victim Impact Statement
- Coordinate with the Crown Attorney's Office to have you meet with the Crown Attorney, before you are required to testify

Sudbury and Area Victim Services (SAVS) also provides court supports, crisis intervention, and emergency housing support.

Once the accused has gone through the bail process, they will likely (but not always) attend a preliminary hearing. This hearing is a mini trial that takes place in front of a Justice of the Peace (JOP) or Judge. This is so the JOP or Judge can decide if the Crown Attorney has provided enough evidence to proceed to trial. You may need to testify at this hearing, and some witnesses may as well. However, if the accused pleads guilty, there will be no hearing or trial and they will go directly to sentencing for their crime(s).

If the accused pleads not guilty and there is enough evidence to proceed, the case will move to a trial. The trial is where all evidence and witnesses are presented to the JOP or Judge, or JOP or Judge and Jury. You may be required to testify at this point as well but will have supports and aids to help you through this process. Following the trial, the accused will be found guilty or not guilty. If they are found not guilty, they have been acquitted of the charges and are free to go. It is important to note that even if someone is found not guilty, it does not mean that you or other witnesses were not believed, but that there may not have been enough evidence beyond a reasonable doubt, for there to be a guilty verdict.

If the accused is found guilty, a sentencing hearing will take place on another date. You are not required to attend this hearing; however, you are allowed to attend this hearing if it is something you would like to be there for. You will also be asked to complete a Victim Impact Statement for a sentencing hearing. This document gives you the opportunity to say how the situation has affected you and your loved ones. The JOP or Judge uses this statement when considering what sentence to give the accused. Again, it is your choice whether you complete the statement, but it is impactful and helpful for the Judge to have your statement when sentencing.

The JOP or Judge decides what sentence the accused will receive. There are many types of sentences that can be ordered ranging from jail time (the Criminal Code sets out maximum and some minimum jail sentences based on crimes) through to probation.

If the person has gone to jail and served their sentence, they will be released from jail on parole. You can request to be notified of their release or parole hearing. If they are serving their sentence in a provincial jail you can register with the Victim Notification System by calling 1-888-679-2888. If the individual is serving their sentence in a federal prison, you can register with the National Parole Board by calling 1-800-518-8871.

INTIMATE PARTNER VIOLENCE

Intimate Partner Violence (IPV)

Intimate Partner Violence (IPV), sometimes known as Domestic Violence (DV) is a form of gender-based violence that can include many forms of violence by a current or former intimate partner. This type of violence can occur regardless of the gender or sexual orientation of the partner, their relationship status, or living situations. IPV can include (in public, private or online):

1. Physical Abuse: Intentional or threatened use of physical force (pushing, hitting, cutting, punching, slapping, shoving and strangulation). Please note that if a partner has attempted to strangle you, that there is a very high risk of being killed in a following assault. This risk is 750 times more likely for people who have been previously strangled by a partner, compared to those who haven't.

2. Sexual Violence: Sexual acts without consent, threats of consequences for refusing sexual activity, forcing someone to watch or participate in the making of pornography, sexually degrading language and belittling sexual comments.

3. Emotional/Psychological Abuse: Insults, belittling, constant humiliation, intimidation, threats of harm, threats to take away children, harm, or threat of harm to pets.

4. Financial Abuse (also referred to as economic abuse): Control, misuse, or the withholding of money, assets, or property, or control of a partner's ability to access school or a job.

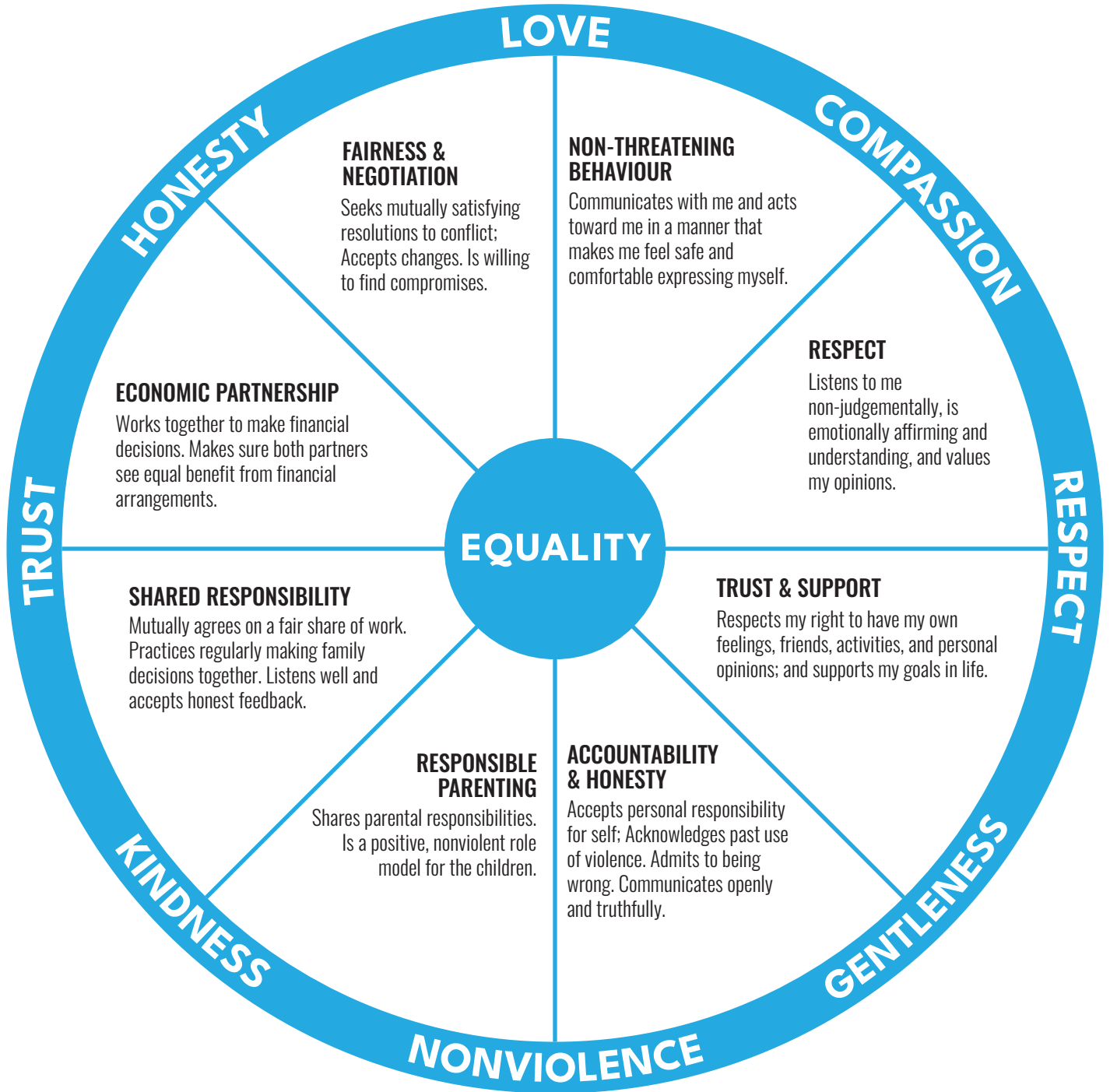
5. Spiritual Abuse: Using a partner's spiritual beliefs to manipulate, dominate or control them.

6. Reproductive Coercion: Controlling reproductive choices, pregnancy outcomes and/or access to health services.

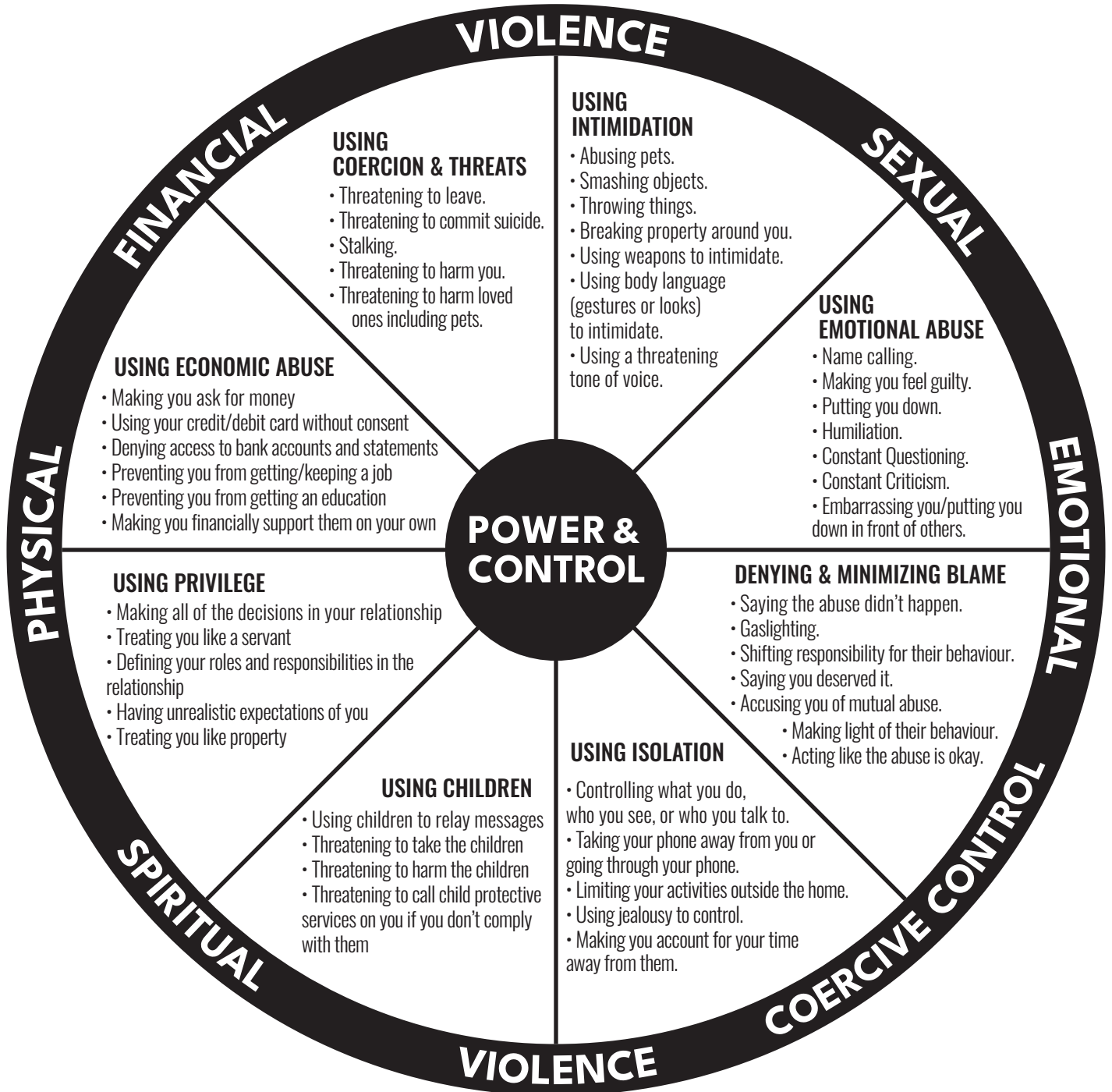
7. Coercive Control: Patterns of control and abuse that cause fear or terror, including coercion (using force and/or threats to change behavior) and control (regulating or dominating a partner's behavior and choices, isolating a person from family and friends, and restricting access to employment, education, or medical care).

8. Technology-Facilitated Violence (also referred to as cyberviolence): Use of technologies to enable virtual or in-person harm including watching and listening to a person, tracking their location to scare, intimidate or humiliate a person.

Healthy Relationships Look Like:



Unhealthy Relationships Can Look Like:



Intimate Partner Violence (IPV) : The Justice Process

If you are in immediate danger, it is always important to call 911. If you are not in an emergency, you can always come into the police station or contact police at 705-675-9171 to file a report.

Once you have reported your incident to the police, in a non-emergency situation, a detective will be assigned your case and will contact you. It is important that the phone or email information you share with the police is safe for you to access for this reason. Once the police have contacted you, they will likely ask to meet for an interview so you can share the details of your experience. You will also be given the option to have someone from Sudbury and Area Victim Services attend the interview with you for support and crisis intervention if needed.

1. Investigations

Once you have given your statement and have been interviewed, the officer may take pictures or collect other physical evidence of physical abuse. The police will also complete a risk assessment with you to ensure your safety. They will also inquire about children in the home. If children do reside with you, child protection services do need to be notified. This is very important to keep children safe and healthy. This does not automatically mean that children will be taken out of the home but does ensure there is follow-up support available for yourself and your children. The decision to remove children from the home is made by the child welfare agency, not by police and is considered when the children are not safe within the home (i.e., have been or are at risk of being abused or neglected). If the police, based on the investigation, form reasonable grounds to believe that an offence has been committed, it is not up to the victim to lay charges, it is the responsibility of the police to do so. Laying charges is crucial in holding the offender accountable and preventing further violence.

2. Arrests

Once a person is arrested and charged, they legally become the 'accused'. If police are unable to locate the offender, a warrant will be requested for their arrest. Police determine if the accused will be released from custody with conditions or will be held in custody, where they will be brought to court for a bail hearing. The bail hearing is done in front of a Justice of the Peace or Judge, a Crown Attorney and the lawyer representing the accused. During this hearing, the Judge will decide if the accused will be released or will be held in custody and transported to jail.

If the accused is released, there are usually conditions placed upon the accused to ensure the safety of the victim. If these conditions are not followed and a complaint is received, the police will conduct an investigation into the alleged failure to comply with their release order. If the police have sufficient evidence, then charges will be laid. In these cases, the police will review the circumstances to determine if the accused is released or will be held for a bail hearing. You will not have to attend their bail hearing, but you will be notified of the court decision as well as any conditions that are placed on the accused.

3. The Court Process

The court process can be long and difficult. Cases can take months to years to finalize. It is therefore important for support services to be in place from the beginning through to the end. The Victim Witness Assistance Program (VWAP) will be contacted at the beginning of the court process and will assign a support worker to you. VWAP also works closely with the Crown, police, and other community organizations to help meet your needs (safety planning, housing, coordination of services). When they work with you directly, they will assist with emotional support during the entire process and will help create a flexible and creative approach to any meetings, interviews, and court appearances for which you may be required. If you are required to testify in court, they will also be available to support you there and advocate for your needs such as: providing testimonial aids (support animals, closed circuit television), having secure and safe waiting areas, escorting you throughout the courthouse, discussing and helping with any security concerns such as exploring different entrances/exits to the courthouse to ensure your safety and comfort. VWAP will also cover meal costs during court and will also help with funding to ensure a support person is available to you during the court process. In addition to this, VWAP will:


- Help you understand what to expect at each court appearance you are required to attend
- Let you know when you are required to come to court
- Provide you with any court related paperwork you need
- Help you complete a Victim Impact Statement
- Coordinate with the Crown Attorney's Office to have you meet with the Crown Attorney, before you are required to testify

Sudbury and Area Victim Services also provides court supports, crisis intervention, and emergency housing.

Once the accused has gone through the bail process, they may (but not always) attend a preliminary hearing. This hearing is a mini trial that takes place in front of a Justice of the Peace (JOP) or Judge. This is so the judge can decide if the Crown Attorney has enough evidence to proceed to trial. You may be required to testify at this hearing, and some witnesses may as well. If the accused pleads guilty, there will be no hearing or trial, and they will go directly to sentencing for their crime(s).

If the accused pleads not guilty and there is enough evidence to proceed, the case will move to a trial. The trial is where all evidence and witnesses are presented to the JOP or Judge, or JOP or Judge and Jury. You will be required to testify at this point as well but will always have supports and aids to help you through this process. The accused will be found guilty or not guilty. If they are found not guilty, they have been acquitted of the charges and are free to go. It is important to note that even if someone is found not guilty, it does not mean that you or other witnesses were not believed, but that there may not have been enough evidence beyond a reasonable doubt, for there to be a guilty verdict.

If the accused is found guilty, a sentencing hearing will take place on another date. You are not required to attend this hearing; however, you are allowed to attend to witness the sentencing. You will also be asked to complete a Victim Impact Statement for the sentencing hearing. This document gives you the opportunity to say how the situation has affected you and your loved ones. The JOP or judge uses this statement when considering what sentence to give the accused. Again, it is your choice whether you complete the statement, but it is impactful and helpful for the Judge to have your statement when sentencing.



The JOP or Judge decides what sentence the accused will receive. There are many types of sentences that can be ordered ranging from jail time (the Criminal Code sets out maximum and some minimum jail sentences based on crimes) through to probation.

If the person has gone to jail and served their sentence, they will be released from jail on parole. You can request to be notified of their release or parole hearing. If they are serving their sentence in a provincial jail you can register with the Victim Notification System by calling 1-888-679-2888. If the individual is serving their sentence in a federal prison, you can register with the National Parole Board by calling 1-800-518-8871.

TRAUMA

Trauma

Trauma is the long-term emotional response that often results from living through a distressing event. Experiencing a traumatic event can harm a person's sense of safety, sense of self, and ability to control emotions and navigate relationships. Studies have also shown that prolonged emotional trauma does affect the way the brain works. The effects of trauma impact three areas of the brain: the amygdala, the hippocampus, and the prefrontal cortex. These areas all play a part in regulating emotions and responding to fear. If a trauma is not healed, negative coping mechanisms, emotional pain and mental suffering affects how a person can cope causing issues in work, home, and community life. These in turn affect how a person can manage their home and raise their families, connect with friends and function in society. This leads communities and the children of survivors to be brought up in the shadow and consequences of that trauma, creating a cycle.

Trauma Bonding is a psychological response to abuse. This occurs when a person forms an unhealthy bond with the person who mistreats them.

Intergenerational Trauma happens when a group of people who share a specific identity or connection experience a shared trauma. This type of trauma has been seen in survivors of the Holocaust, the transatlantic slave trade, and the residential school survivors, to name a few. This type of trauma has been shown to affect whole communities across decades and even centuries. Intergenerational trauma is passed from one generation in a family or community to another in many ways. In terms of our Indigenous population in Canada, colonialism, residential school systems, the 60s scoop, Missing & Murdered Indigenous Women & Girls (MMIWG), land right disputes and continued racism have caused significant intergenerational trauma which manifests as high rates of Indigenous people and communities dealing with addiction and mental health concerns, limited education, imprisonment, violence, abuse, homelessness, and poverty.

However, there is opportunity for hope and healing. While it is true that trauma can be passed down, so too can resiliency. Resiliency is the ability to recover from setbacks, adjust to change and continue forward in the face of difficulty. Many Indigenous people and communities are doing this healing work by connecting to the land and coming back to the culture and traditional ways of knowing. Being intentional with healing and disrupting those cycles of trauma are important in healing, recovering, and creating a new way of being for oneself and for future generations to come.



HEALING

Healing

As shared in the introduction of this toolkit, Sudbury is a unique area that is home to a large urban Indigenous population, with 10 First Nations communities within the surrounding area. Statistics Canada estimates Sudbury will have the largest Indigenous population in a city area in Ontario by 2036. Statistics also show that Indigenous women and girls make up around 50% of human trafficking cases while accounting for 4% of the total population of Canada. With this information, we feel that it is of great importance to discuss healing from both Western and Indigenous perspectives. By sharing and/or blending these perspectives, a more appropriate and holistic healing journey can take place.

Indigenous Healing Practices

Coming back to traditional Indigenous teachings, language, ceremony, and traditional ways of life can itself be healing for some Indigenous people. Re-learning what has been lost due to Colonization can bring back a lost connection to identity and community. Language, song, drumming, dance, and land teachings have been very beneficial in many different healing journeys. Incorporating the 7 grandfather teachings (wisdom, love, respect, courage, honesty, humility, and truth) into everyday life also leads to balance and the 'good way' of living. The following list of healing practices is not exhaustive, and it is encouraged that you seek out the knowledge of Elders and helpers within your community for further information and assistance with other practices that may be helpful to you.

1. The Four Sacred Medicines

The four sacred medicines are plants that were said to have been given to the Indigenous people by Creator. They are tobacco, sage, cedar and sweetgrass. They are used in everyday life as well as in ceremony. All of them can be used in smudge. Smudge is used to cleanse our body, mind, and spirits.

Tobacco is said to be the first plant given to Indigenous people and is used as an offering for everything in every ceremony. Tobacco was given so that we could communicate with the spirit. It opens the door to allow communication to take place- where we communicate our thoughts, feelings and prayers for self and others.

Sage is used to prepare people for ceremonies and teachings. It is used for releasing what troubles the mind and for removing negative energy, for cleansing homes and sacred items.

Cedar is used to purify the home. It also has many medicinal uses and can be used as tea and in cedar baths for healing. Cedar is also used in fasting and sweat lodge ceremonies as a form of protection.

Sweetgrass is the sacred hair of Mother Earth. Its sweet smell reminds people of the gentleness, love, and kindness Mother Earth has for her people. Sweetgrass is also used in healing circles.

2. Sweat Lodge

When on a healing journey, the Sweat Lodge Ceremony is a great place to begin. When you are in a sweat lodge, you are at the center of the four directions. Sweats are made specifically for ceremony and healing, and it is said that during this ceremony, it responds to what the individual needs. By taking part in this ceremony, you are seeking the help of Creator and the spirits. This is done through prayer, songs, drums, and shakers. You will have the opportunity to speak or pray during the ceremony. Cedar water is poured over the heated rocks called Grandmothers and Grandfathers, which creates a cleansing steam. When you leave the sweat lodge, your spirit feels new and alive.

3. Healing Circles

The sharing of your journey can be a great teacher. Healing circles are places where people come together face to face to learn, teach and talk with others. By acknowledging your experience and feelings with others, you bring yourself closer together and allow learning and understanding to take place. These circles can be done with families, a group of people with a shared experience, with the assistance of elders and can also be done with Western helpers such as social workers. Once there is a degree of healing and understanding (for both the survivor and the person(s) that caused harm) some individuals will have a healing circle with the person who harmed them and can include family and other supports, where they can share their experience and feelings. This has been very therapeutic for many people and has been included in restorative justice cases where appropriate. Healing circles are also a place for Elders to share teachings about the importance of all life forms. This teaching and understanding becomes part of a spirituality that is important in creating balance in life.

Western Healing Practices

The following is a list of some ways in which people can access help from traditional Western practices. This list is not exhaustive, and it is encouraged that you reach out to your healthcare provider for further information if needed.

1. Somatic Experiencing Therapy:

A type of therapy that is done with a therapist (social worker, social service worker, registered nurse, psychotherapist etc.) or helper who specializes in somatic therapy. This type of therapy is used to help a person notice the physical sensations stemming from a negative experience or trauma, and to work through those painful feelings and emotions. This is done in the belief that negative and difficult experiences and emotions get 'stuck' in the body, causing physical symptoms and therefore need to be released. Some techniques used in this therapy include breath work, sensation awareness, physical exercise, massage, yoga, dance therapy and grounding exercises.

2. Eye Movement Desensitization and Reprocessing (EMDR) Therapy:

This therapy focuses on an individual's specific memories that cause them pain and distress. It works on the belief that trauma and negative experiences that continue to come up in a person's life are caused by memories that have not been fully processed. These unprocessed memories contain emotions, thoughts, beliefs, and physical sensations that occurred during the event. EMDR is done with an individual and their registered therapist, where they bring up the specific distressing memory while stimulating eye movements that create bilateral stimulation. By doing this, the vividness and the emotion related to the memory is reduced and then are more able to process the memory while changing how the memory is stored in the brain.

3. Cognitive Behavioral Therapy (CBT):

CBT is a form of therapy that can be done one on one or within a group setting and led by a registered therapist. This therapy is based on the belief that thoughts, emotions and behaviors all influence each other. So, the goal of this therapy is to learn how to identify unhelpful thoughts, question them and change their beliefs related to emotions and behaviors that cause distress. This therapy is generally time-limited (6-20 sessions), is problem specific and teaches strategies and skills to change thoughts, which in turn changes emotions and behaviors.



Appendix A: Safety Plan

PERSONAL SAFETY PLAN

Important: It is a good idea to talk to a safety-planning expert about additional safety planning to meet the needs of your unique situation. A list of agencies, which can help you with planning and other needs in Sudbury and Area include:

If you are in immediate danger, please call 911.

Sudbury and Area Victim Services: 705-522-6970 | info@savs.ca

Sudbury Women's Centre: 705-673-1916 | info@sudburywc.ca

Shkagamik-Kwe Health Centre: 705-675-1596

N'Swakamok Native Friendship Centre: 705-674-2128

Centre Victoria Pour Femmes: 705-670-2571

SAFETY DURING VIOLENT INCIDENT

In order to increase safety during a violent incident (which cannot always be avoided), you can consider some or all of these strategies. Please add any other ideas you may find helpful to this list and check them off when filled in and completed.

- If I decide to leave, I will _____.
(Practice how to get out safely; what doors, windows, elevators, stairwells, or fire escapes will you use?)
- I can keep a packed bag (place in home) _____
in order to leave quickly. A checklist of what to pack is at the bottom of this document, and I will use it pack my bag and have it ready.
- I can tell (list two trusted friends/neighbors and their phone numbers).
_____ and _____
about my situation and request they call the Police if they hear suspicious noises coming from my house or if they cannot locate me.
- I can teach my children how to use the telephone to contact the police and to give directions to our home and neighborhood.
- I will use _____ as my code word with my children or my friends so they can get help if I am not able to.

If I must leave my home, I will go to _____.
(Decide this even if you don't think there will be another violent incident.) If I cannot go to the above location, then I can go to _____.
I can teach my children where our packed bag is and include them in practicing our leaving plan.

If I think my abuser and I are going to have an argument, I will try to move to a lower risk space, such as _____.
(Remember to avoid the bathroom, kitchen, garage, rooms containing weapons and rooms without access to the outside.)

I will use my judgment and intuition. If the situation is very serious, I should consider doing what I know will calm my abuser down. I must remember it is most important to protect myself and children until we are out of danger.

SAFETY WHEN PREPARING TO LEAVE

Individuals often leave the residence if they share it with their abuser. Leaving must be planned in advance to increase safety, as abusive partners often become violent when they believe their partner is leaving the relationship. These are some strategies I can check-off to stay safe when preparing to leave:

I will leave money and an extra set of keys with _____
so I can leave quickly. I can also keep an extra set and money in my packed bag.

I can open a separate bank account on my own, which my abuser does not have access to, in order to save money for myself. I can use the account to e-transfer money to a trusted family member/friend to hold on my behalf or get necessary items on my behalf.

I will pack and keep my bag _____ so I can leave quickly with my most important items.

I will keep copies of important documents in my pre-packed bag. The checklist of important documents is at the bottom of this document.

The local Women's Shelter telephone number is 705-674-2210. I will add it to my cell phone contact list and list of important numbers to have with me in my pre-packed bag.

I will notify _____ and _____ to be prepared to have a temporary place to stay and for emergency financial help. If I do not have family/friends I can contact, I will call my local shelter.

I can leave extra clothes with _____ and will also have some in my pre-packed bag.

I will review my safety plan every _____ (A week? 2 weeks? A month?)
in order to plan the safest way to leave the residence.

SAFETY IN MY OWN RESIDENCE (Living on Your Own)

An individual can do many things to increase safety in their own residence. It may not be possible to do everything at once but can be added step-by-step over time. Whether you are renting or own your home, these steps can be taken on your own or with the help of a trusted person. Safety measures you can consider include: (check off all you complete)

- Change the locks on my doors and windows.
- Replace wooden doors with steel/metal doors. (If you are renting, you can ask your landlord about replacing the doors.)
- Install security systems including additional locks, window bars, poles to wedge against doors, an electronic system with "panic button", etc. (If you are renting, ask before putting anything permanent in place).
- Purchase rope ladders to escape from second floor windows.
- I or my landlord will install smoke detectors and purchase fire extinguishers for each floor in my house/ apartment.
- I or my landlord will install an outside lighting system, which lights up when a person is coming close to my home.
- I can inform (neighbor) _____, (family members) _____, and (friends) _____, that my abuser no longer lives with me and they should call the police if they see them near my residence.
- I will teach my children their special safety plan, which is outlined at the bottom of this document.
- I will tell people who take care of my children which people have permission to pick up my children and that my (ex)partner/abuser is not permitted to do so. The people I will inform about pick-up permission include:
 - (School): _____
 - (Day-care Staff): _____
 - (Baby-sitter): _____
 - (Teacher): _____
 - (Coach/Instructor): _____
 - (Others): _____

SAFETY WITH A COURT ORDER

(Peace bond {810, 810.2 Criminal Code}, release/bail conditions, recognizance with conditions, or probation order conditions)

Some abusers do obey court orders. This means they promise the court they will follow all terms and conditions (rules) of the order and follow them while it is in effect. Unfortunately, no one can ever be sure if an abuser will follow or violate a court order. Here are some steps you can take to help enforce your abuser's court order: (Please check once completed)

- I know I will have to report to the police if my abuser breaches any conditions of the court order. I will report the breach of the court order to the police service in the area where the court order was breached.
- I understand my abuser may be charged if I contact them.
- I will get a copy of my abuser's court order from the court office located at _____ and keep it with me at all times. (If you change purses/wallet, the court order will be the first thing to go in.)
- If my abuser destroys my copy of their court order, I can get another copy from the court, located at: _____.
- If I relocate to another city/town, or if I work in a city/town other than where I reside, I will notify the police service/OPP detachment in the city/town, of my new address/work location AND of my abuser's violent behavior and the details of their court order.
- For further safety, if I often visit other cities/towns/countries, I will notify the police service in the jurisdiction I am visiting, of my abuser's violent behavior and the details of their court order.
- I will inform my (employer) _____, (friend) _____, (my outreach worker at the local safety network or shelter) _____, and (family) _____, a court order has been issued against my abuser, and share all of the conditions which affect myself and my children.

SAFETY ON THE JOB AND IN PUBLIC

Each person must decide if and when they will tell others they have been abused and they may be at continued risk. Friends, family, and co-workers can help to protect you. Consider carefully which people to invite to help secure your safety. To do this, you could do some or all of the following:

(Please check all which apply and have been completed)

- I can inform my boss, the security supervisor, and _____ (secretary, co-workers, etc.), at work of my situation. I can show them a picture of my abuser, so they know not to let them in the building.
- I can ask _____ to help screen my phone calls at work. I can also use voice messaging to screen my calls.
- When leaving work, I can walk from the building with _____ (security, co-workers, and friends) to ensure my safety.
- If problems occur while I am driving home, I can use my cellphone, honk my horn continuously, drive directly to a well-lit public place which is populated, or drive directly to the local police service/OPP detachment for assistance. I can also _____.
- If I use public transit, I can sit close to the front by the driver; arrange to have someone meet me at my bus stop and walk me home; once I arrive home, I can call a friend or relative to let them know I arrived safely. I can also _____.
- I can use different grocery stores and shopping malls and shop at hours which are different from those I used when living with my abuser.
- Make sure my car always has enough gas.
- Have my cellphone and charger with me at all times.
- I can also _____.

SAFETY AND MY EMOTIONAL HEALTH

The experience of being abused by an intimate partner can be exhausting and emotionally draining. The process of building a new life for yourself takes much courage and incredible energy. Here are some things you can do to conserve emotional energy and resources:

- If I feel down and ready to return to a potentially abusive situation, I can (call a friend, relative or shelter worker for support) or, _____.
- When I have to communicate with my abuser in person or by telephone, I can advise them I am recording what they are telling me and then I will do so. I will arrange to have a trusted friend or close adult relative present during these meetings/communications, or I can make arrangements for all communication to go through a lawyer or another unbiased third party.

- I can tell myself, “I’m in charge of my life and confident in my decision-making abilities” or positive statements about my abilities such as: _____
_____.
- I can read (my spiritual teachings, poetry, self-help resources) or _____
to help me feel stronger.

Other things I can do to help me feel stronger are _____
_____.
- I can attend workshops, support groups, or counselling offered through community resources to gain support and strengthen my relationships with other people.

STAYING SAFE WITH TECHNOLOGY

Technology is always evolving and has become part of our everyday lives. Abusers can use this to their advantage to find information and control their partners. It is important to learn and use the following suggestions to ensure your safety before and after leaving an abusive situation:

- I will learn how to stay safe online while using my phone. To do this I can visit:
www.lukesplace.ca/resources/keep-safe-online.
- I will learn how to delete my browser history. I can do so by visiting: How to Clear Your History in Any Browser: *www.howtogeek.com/304218/how-to-clear-your-history-in-any-browser/*
- I will use a computer outside of my home if I am living with my abuser.
- I will change passwords on emails, social media, online banking etc., which my abuser knows or can easily figure out.
- Delete social media accounts and make new ones if I want to stay on social media.
- Limit what I share on social media and make my settings as private as possible.
- I will not share my location on social media and ask others not to share my location as well.
- Turn off or disable the GPS or location function on my cell phone/tablet.
- Have my cellphone number unlisted.
- Block my abuser’s phone number.
- I will not accept calls from private or blocked numbers.
- I will set an anonymous voicemail message.
- I can record important conversations using the voice app on my phone or purchase a discreet USB.

CHILDREN'S SAFETY PLAN

This plan provides safeguards for your children and a means for them to obtain immediate emergency assistance for you. Children need to understand the violence is not their fault, nor should they try to intervene in an attempt to protect you from your abusive partner.

I will provide the following for my children:

- I will set up a safe room in our home for the children to go to in the event my partner becomes abusive. This room will be (if possible), on ground level so the children can leave through a window, if necessary.
- The safe room will have a lock on the door and a cellular/cordless phone in a location known only by the children and me, with the Police emergency number preprogrammed on a speed dial.
- The children will become familiar with the telephone and the location of the emergency speed dial key. We will practice saying " _____ is hurting my mommy or daddy/aunt/stepmom/stepdad/ etc." in case one of the children has to call the police.
- I will teach my children our home phone number and complete address, including directions.
- The children and I will have a predetermined code word, _____ to alert them to go immediately to the safe room. I will have an additional code word _____ to alert the children to immediately leave our home and to run to our pre-arranged emergency friend: _____ (our neighbor's house, or the corner store, etc.) and to have an adult call the police.
- The children will contact their pre-arranged emergency caregiver, (closest friend _____, their grandparent's _____, or another pre-selected responsible adult _____, immediately after the emergency friend has called the police.
- The children will go with the emergency caregiver to their home where I will meet them as soon as I am able.

ITEMS TO TAKE WITH ME WHEN LEAVING

When victims/survivors leave partners, it is important to take certain items with them. Items to take when leaving should be placed ahead of time in a 'grab bag' and kept in one location so you can leave quickly. You can also give an extra copy of papers and an extra set of clothing to a friend/family member, just in case you don't have time or forget to grab your bag when leaving. This safety plan and/or a copy should be kept in this bag as well. If you need to make copies of documents but don't have access to a copier, you can go to the local library located at _____ or get the help of a worker at _____ (help organization).

Please check off items as they are completed and put into your bag:
(Remember, items and material things are replaceable, your life is not!)

- My Identification (birth certificate, driver's license, passport)
- Children's birth certificates
- Social Insurance cards
- My partner's Social Insurance Number (or copy of card)
- My health card
- Children's health card
- Vaccination records for self and children
- School records for self and children
- Medical records for all family members
- Medication/prescriptions
- Status card
- Government of Ontario Senior's Card
- Immigration papers
- Work Permits
- Employment/pension documentation
- Cash
- Debit and/or credit cards
- Keys: house, car, office
- Banking information
- Lease/Rental agreements/property deed(s)
- Mortgage and mortgage payment documents
- Insurance Papers (car, home, apartment)
- Vehicle ownership/lease documents
- Divorce documentation
- Custody and/or Court Orders
- Photographs and other small sentimental items
- Cell phone charger
- Children's favorite toys and/or blankets
- Change of clothes
- Change of clothes for children
- Formula, soothers, bottles

Appendix B: Resources

The Greater Sudbury Police Service

If you have information or concerns related to human trafficking, you can call and report to The Greater Sudbury Police Service at **705-675-9171**. If a situation warrants immediate response, always call **9-1-1**.

Sudbury And Area Victim Services (SAVS)

705-522-6970

Victim Services is a 24-hour, 7 day a week community-based service that provides immediate short-term crisis intervention services to persons affected by crime, tragedy, and disaster. Their team of professional staff and volunteer crisis responders provide emotional support, practical assistance and information and referrals to community-based agencies. SAVS also offers an Anti-Human Trafficking Coordinator and Public Educator.

Family Information Liaison Unit (FILU)

705-675-1658

Family Information Liaison Units are a “one-stop information service” for all families of missing and murdered Indigenous women and girls. Families do not need to have participated in the National Inquiry to contact a FILU for assistance.

FILUs work directly with families in a culturally grounded and trauma-informed manner to gather the information they seek from government agencies and address outstanding questions about the loss of their loved ones. FILUs work directly with family members to coordinate information gathering from government agencies and services, including:

- The criminal justice system (police, prosecutions, corrections)
- Social services
- Child protection
- Health services
- Other Family Information Liaison Units across the country

N'Swakamok Native Friendship Centre

705-674-2128

N'Swakamok Native Friendship Centre is committed to preserving language and culture, enhancing quality of life and empowering family and community by providing supports, services, and partnerships for the Indigenous community.

Sudbury Women's Centre

705-673-1916

Non-profit charitable organization dedicated to providing information, referral, and support services to women who have been impacted by violence and/or difficult life circumstances. Our Centre offers key tools and resources that assist women in addressing issues of systematic discrimination and violence. They are committed to serving the needs of women in our community. To create and maintain a safe environment that is inclusive and respectful of diversity.

Shkagamik-Kwe Health Centre

705-675-1596

Shkagamik-Kwe Health Centre is an Aboriginal Health Access Centre that:

- Is dedicated to balanced and healthy lifestyles through quality, holistic, culturally relevant health services to the First Nations, Métis and Inuit individuals and their families in the Greater City of Sudbury and partnering First Nation Communities.
- Engages in clinical, social, economic, and cultural initiatives promoting the health of Aboriginal people.
- Promotes community building through partnerships, education, and advocacy.
- Types of programming: traditional, community based, primary care, and administrative.

Violence Intervention and Prevention Program (Health Sciences North)

705-675-4743

dvsatprogram@hsnsudbury.ca

The Violence Intervention and Prevention Program (VIPPP) provides a diverse array of victim support services in connection with violence. Services are offered to both males and females of all age groups.

Voices for Women: Sudbury Sexual Assault Centre

705-671-3495

vfw@hsnsudbury.ca

Voices for Women is a free community-based program that provides services to women 16 years of age and older experiencing trauma from historical sexual violence.

Centre Victoria Pour Femmes

705-670-2517

info@centrevictoria.ca

Provides individual and group counselling as well as accompaniment, referrals, and representation. Services are offered primarily to Francophone women aged 16 and over in the Greater Sudbury and Algoma regions.

Elizabeth Fry Society

705-673-1364

info@efryneo.com

- One on one support, counselling, group programming, workshops.
- Bail verification and supervision program.
- Homelessness Network Housing and Case Management.
- Workshops.
- Taking Control, Making Healthy Relationship Choices for Women Program.

Noojmowin Teg Health Centre

705-368-0083

Sexual & Domestic Violence Services – Kaa Naad Maa Go is the first community-based program of its kind. It is a member of the Ontario Network of Sexual & Domestic Violence Treatment Programs along with 36 other programs in Ontario. It is one of four programs situated in all of Northern Ontario. We support survivors at every stage of the healing journey using a holistic approach to well-being while incorporating traditional Indigenous ways of knowing and healing.

Angels of Hope Against Human Trafficking

705-822-8630

Angels of Hope Against Human Trafficking (AOH) is a registered charity, providing long-term, bilingual support to Survivors of human trafficking and sexual exploitation of all ages and backgrounds. Utilizing harm-reduction approaches to healing and rehabilitation, AOH works with Survivors in Northern Ontario on their transition to successful, independent living by providing wrap-around and coordinated services such as mental health and addictions counselling, individual case management, and virtual Survivor-led life skills sessions.

AOH also provides guidance, support, education, and counselling to loved ones of Survivors, and referrals to community agencies. Survivors' loved ones and support systems are included, as research has shown that returning to family and community is a key to helping Survivors rebuild healthy relationships.

Helplines

Talk 4 Healing:

1-855-544-4325 (services in English, Ojibway, Oji-Cree, and Cree)

Assaulted Women's Helpline:

1-866-863-0511

HSN Crisis Intervention:

705-675-4760

Canadian Human Trafficking Hotline:

1-833-900-1010

Ontario Native Women's Association Intake for Human Trafficking:

1-800-667-0816

YWCA Geneva House Abuse Line

1-800-461-0133

Ligne Fem-AIDE Provincial

1-877-336-5160

Sources

What is Human Trafficking? | (justice.gc.ca)

A Guide to Human Trafficking for Survivors and Parents | (htsurvivors.to)

Centers for Disease Control and Prevention | (cdc.gov)

Eye Movement Desensitization and Reprocessing (EMDR) Therapy | (apa.org)

Ontario's anti-human trafficking strategy 2020-2025 | (ontario.ca)

Healthy vs Unhealthy Relationships | (Pacific University)

Human Sex Trafficking Hotline | (humansextraffickinghotline.org)

Legal Process & Advice for Survivors of Sexual Assault | (yourchoice.to)

Sudbury and Area Victim Services | (savs.ca)

The Circle of Healing 92023E.pdf | (iaac-aeic.gc.ca)

The Four Sacred Medicines - Anishnawbe Mushkiki

Victim Witness Assistance Program - Sudbury

Van der Meulen, E., Durisin, E. M., & Love, V. (2013). Selling sex experience, advocacy, and research on sex work in Canada | UBC Press.

What is consent? - Province of British Columbia | (gov.bc.ca)

What is Human Trafficking? | (justice.gc.ca)

What is intergenerational trauma? - United Way Greater Toronto | (unitedwaygt.org)

What Is Somatic Therapy? — Talkspace

