

**Services Offered by
Ishtar Transition Housing Society**

For information on our services please call:
604-534-1011

Women's Counselling is a counselling program that offers individual and group services to women who have been victims of family violence, childhood sexual abuse and/or sexual assault.
Ext. 225

Community-Based Victim Services provide women, men and children assistance with Crown and police, information about the justice system, safety planning, witness orientation and referrals.
Ext. 228 or 245

PEACE program for Children and Youth Experiencing Violence provides education, information and supportive counselling individually or within a group to children 3 - 18 years and their non-offending parent.
Ext. 234

Community Outreach Services offer emotional and practical support, information and referrals according to needs.
Ext. 230

Ishtar Transition Housing Society

Main Office
#101—6350 203rd Street
Langley, B.C. V2Y 1L9
Tel: 604-534-1011
Fax: 604-534-1929

Monday to Friday 9:00am—4:00pm

Women's Counselling
Langley : 604-534-1011
Ext. 225

Children and Youth Experiencing Violence
Langley : 604-534-1011,
Ext. 234

Community-Based Victim Services
Langley: 604-534-1011,
Ext. 228 or 245

Community Outreach Services
Langley: 604-534-1011
Ext. 230

Ishtar Transition House
Langley: 604-530-9442 (24hrs/7days)

Libra Transition House
Aldergrove: 604-857-5797 (24hrs/7days)



**Community Outreach
Services**

Our Mission:

To honour, embrace and celebrate the power, resilience, courage and knowledge of all women. We work collaboratively for systemic change where equality means inclusion, opportunity and accessibility for all. We work together locally for a world where all women and girls are safe emotionally, mentally, financially, physically, sexually, spiritually and culturally.

www.ishtarsociety.org



Abuse is the improper use of power over the detriment of another. Abuse can include but is not limited to:

PHYSICAL - Can involve hitting, choking, breaking bones and throwing objects

EMOTIONAL & VERBAL - Can involve threats, controlling the family activities and isolation. The effects of this form of abuse are considered equally devastating to that of physical abuse.

SEXUAL - Can involve sexual exposure, humiliation and any unwanted touching. This type of abuse is often accompanied by threats of violence.

SPIRITUAL - Can involve withholding or manipulating religious beliefs and using it as a means of controlling another person.

CULTURAL - Can involve threats of deportation and the withholding of passports.

FINANCIAL - Can involve stealing and/or withholding of money that is necessary for the essentials such as food or medical attention, or denying access to financial resources.

Safety Planning

- ◆ Call 911 if you are not safe.
- ◆ Plan for a safe place to go to in an emergency.
- ◆ Keep extra money, keys, clothes, medications and copies for your ID and important documents in a hidden place or with someone you trust
- ◆ Keep a diary of important dates, times and details pertaining to any assaults or incidents. This can be useful evidence for court.
- ◆ Familiarize yourself with community resources that can help you.
- ◆ Have a code word to use with your children, family and friends to let them know if you need assistance.
- ◆ When you leave, take something meaningful for yourself and your children to help with the transition (i.e. stuffed animal).
- ◆ It is extremely common for abuse to escalate when/if an abusive partner discovers that you are seeking assistance. Therefore, it is important that you keep any information concerning your plans hidden for your own safety.

For more information on creating an individual safety plan please contact the outreach worker or for after hours contact Ishtar's crisis lines 24/7 at:

Ishtar Transition House **604-530-9442**

Libra Transition House **604-857-5797**

Outreach Services

Staff who can provide resources both within and outside of the community offer emotional and practical support, information and referrals according to your needs.

Support & advocacy regarding:

- ◆ Family law issues
- ◆ Housing
- ◆ MSDSI (Income Assistance and Disability)
- ◆ Medical

Form completion assistance

Emotional Support

Safety Planning

Community Education

Staff can attend different community events to educate and inform on the aspects of abuse and programs and services offered at Ishtar

To contact an Outreach Worker or to book an appointment call us at :

604-534-1011 Ext.230

Messages can be left for Outreach Workers at any time and will be checked Monday to Friday throughout the day.

Philosophy

We believe that no one should be subjected to any type of abuse. We believe that people have the right to personal autonomy, political, economic and social equality, the right to live free of violence and other forms of abuse. Women's experiences, voices and wisdom are unique and vital resources in our Society. The decision to leave an abusive relationship is respected. Members and staff of the Society believe that all women and children have the ability to reach their optimum level through strength, knowledge or courage.

OTHER SERVICES

Ministry of Social Development

1-866-866-0800

Langley Community Services Society

604-534-7921

Langley Adult Mental Health

604-514-7940

Langley Youth & Family Services

604-514-2900

Legal Services Society (Legal Aid)

1-866-577-2525

Diversecity

604-597-0205

Xyolhemeylh Fraser Valley Aboriginal Children and Family Services Society

604-533-8826

Avia Employment Services

778-726-0288

MCFD Langley Office

604-514-2711

Langley Food Bank

604-533-0671

Housing Registry

www.bchousing.org

604-433-2218

Gateway of Hope

604-514-7375

