

**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)**



**Ishtar Transition House  
Libra Transition House**

**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](http://www.ishtarsociety.org)



## Abuse is...

the improper use of power over the detriment of another. Below is a list of some types of abuse but not limited to these behaviours:

**Physical** can involve hitting, choking, breaking bones, biting and throwing objects.

**Emotional & Verbal** can involve threats, controlling the family activities and isolation. This type of abuse is considered to be equally, if not more, devastating than physical abuse.

**Sexual** can involve sexual exposure, humiliation and any unwanted touching. This type of abuse is often accompanied by threats of actual violence.

**Spiritual** can involve withholding religious beliefs or using it against another person for manipulation and control.

**Cultural** can involve threats of deportation or withholding passports.

**Financial** can involve stealing, withholding money that is necessary for food or medical attention and denying access to financial resources.

For more information please visit: [www.justice.gc.ca/en/ps/fm/spouseafs.html](http://www.justice.gc.ca/en/ps/fm/spouseafs.html)

## If you are being abused...

- ◆ Tell someone who you trust.
- ◆ Remember you are not alone.
- ◆ Leave a set of clothes and copies of ID at a trusted friends' house.
- ◆ Call any one of the Transition Houses listed in this brochure.



## Ishtar Transition House

**Crisis / Business Line** 604-530-9442  
**Fax** 604-530-2224  
**Email** [ishtarh@ishtarsociety.org](mailto:ishtarh@ishtarsociety.org)

## Libra Transition House

**Crisis / Business Line** 604-857-5797  
**Fax** 604-857-0091  
**Email** [librath@ishtarsociety.org](mailto:librath@ishtarsociety.org)

Ishtar and Libra Houses provide safe, temporary emergency accommodations for women and their children leaving an abusive relationship. They are a place which is free from the threat of violence. You will meet other women who have lived through similar circumstances.

The staff provide emotional support and personal support. They can put you in touch with agencies and resources offering legal, medical or financial assistance. You will be encouraged to explore your options and will be supported through the process of learning to live without violence.

## The cycles of Violence...

Incidents of assault appear to follow a definite pattern. The pattern is established in three stages:

- ◆ A tension-building phase, anger and frustration grow.
- ◆ Tensions explode and the assault takes place.
- ◆ The abuser feels guilt and promises not to repeat the abusive actions. S/he may be particularly attentive for a while. This "honeymoon" period comes to an end and the cycle repeats itself.

There is a tendency for the abuse to increase in frequency and/or severity over time. The speed with which this increase occurs varies tremendously, escalating in days to a number of years.

## Other helpful resources:

### Crisis Intervention and Transition Houses

Surrey Crisis Line	604-951-8855
Evergreen (Surrey)	604-584-3301
Virginia Sam (Surrey)	604-572-5116
Durrant (White Rock)	604-531-4430

### Counselling Services

Langley Family Services	604-534-7921
Options	604-596-4321
Peace Arch Community	604-531-6226

### Legal Services

Legal Services Society	604-408-2172
Lawyer Referral Services	604-687-3221

**Please see over for other services offered by Ishtar Transition Housing Society.**

## Impact on Children

Children living in homes where abuse occurs suffer emotional abuse as a direct consequence of witnessing the violent behaviour of their fathers or mother's partner.

Violent behaviour is learned. If your children have been affected by abuse in the home there are services and professional counsellors to help them deal with their feelings. Children have the right to be protected, loved and safe. Often a woman's decision to leave is precipitated by the awareness of the harmful effect of the abuse on her children.