

**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—Friday 9:00am to 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)



**Program for Children and Youth
Experiencing Violence**

Prevention, Education, Advocacy,
Counselling and Empowerment

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



PEACE

The PEACE program is open to children and youth 3-18 years and their non-offending parent/caregiver. The PEACE program provides short term education, information and supportive counselling on an individual and group basis to children and youth who have witnessed and/or experienced abuse. Children must be living in a safe environment away from the abusive person. The clients are provided with education and information regarding abuse, personal rights and responsibilities and parenting issues. A parallel program for parents/caregivers is available. It may include individual supportive counselling, parental education and/or group counselling. These services are provided to non-offending parents and their children living within the township and city of Langley.

What are the program's goals?

- ◆ To end the inter-generational cycle of abuse.
- ◆ To dispel common myths surrounding family violence and marital abuse.
- ◆ To provide a non-threatening environment to talk about feelings and help teach healthy ways to express anger, fear, etc.
- ◆ To let children and youth know that they are not alone and help them share their thoughts and feelings.
- ◆ To define abuse (physical, emotional, verbal and sexual) and to let children and youth know their personal rights.
- ◆ To teach problem-solving and coping skills.
- ◆ To identify the cause and effects of conflict.

How does family conflict affect children?

Children who witness abuse of a parent or caregiver live in fear and anxiety for the next violent episode to occur. As a result of being exposed to family violence and/or conflict, some children will show overt signs such as aggression and/or depression. Other children may display less obvious signs; these children may have adjustment difficulties such as inappropriate attitudes about violence and/or problem solving skills. Regardless of the signs children show, they can benefit from the PEACE Program.

It is every person's right to live without violence.

Abuse

Abuse is the use of power and control to harm another. This may be done physical or emotionally.

Abuse is a systematic process that is intentional, repeated and cyclical.

Abusive behavior can take many different forms. The degree of injury is not what defines whether an action is abusive.

Physical Abuse can include hitting, shoving, slapping, restraint, choking and throwing objects. Refusing to get help (medical attention) when sick or injured. Denying basic physical needs such as sleeping and eating. And can escalate to the use of weapons.

Emotional Abuse can include threats, constant criticism, belittling, isolation, name calling, accusations of sexual infidelity, driving recklessly and other controlling activities. Emotional abuse is equally devastating as physical abuse.

Sexual Abuse is any non-consensual sexual act or behavior. It includes forced sexual activities, degradation and/or demeaning jokes and actions. Sexual abuse of children includes inappropriate hugging, kissing and fondling (sexual play), witness to sexual acts, sexual exposure, child or adult pornography, oral sex and sexual intercourse. Sexual abuse is often accompanied by threats of violence or harm to someone or something important to them.



Philosophy

The Society believes that no person should be subjected to any type of abuse. We believe that people have the right to personal autonomy; political, economic, and social equality; and the right to live free of violence and from other forms of abuse. Women's experiences, voice and wisdom are unique and vital 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 and courage.

What you can do if your child has witnessed abuse.....

REAFFIRM your unconditional love for your child. A big fear is that their behaviour will cause you to leave or divorce them.

REASSURE them that together, WE, will manage all the changes.

REDEFINE the word "family".

ALLOW your child to express a range of feelings in a healthy manner.

HELP them to understand that they are not alone, and that others have handled similar situations successfully.

REASSURE them that they are not responsible for the abuse.

REASSURE your child that you don't expect them to look after you.

REMEMBER that while your child's anger may be directed at you—it is often about other things.

CREATE a discipline method that is respectful and leaves everybody's dignity intact.

REMEMBER your child is not the abuser. Do not tell them they are "just like" the abuser.

Help line for Children

604-310-1234

1-800-668-6868

*PEACE programs can be found throughout
British Columbia.*