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.

Ishtar Women’s Resource 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. 224

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

Domestic Violence Liaison
Langley: 604-534-1011
Ext. 2241

PEACE Program for Children and Youth Experiencing Violence
Langley : 604-534-1011, Ext. 234
Ext. 230

Community Outreach Services
Langley: 604-534-1011
Ext. 241

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

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

www.ishtarsociety.org

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www.ishtarsociety.org

An informational brochure on the programs. Offered by Ishtar Women’s Resource Society.
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

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 friend’s house.
♦ Call any one of the Transition Houses listed in this brochure.

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.