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A.N.B.U.

Abuse Never Becomes Us



Community Resources

Domestic Violence and Abuse Services

Barbra Schlifer Commemorative Clinic

416-323-9149

Canadian Centre for Victims of Torture

416-363-1066

Yorktown Family Services

416-394-2424

Victim Services

416-808-7066

Canadian Centre for Victims of Torture

416 750 3045

Assaulted Women's Helpline

416-863-0511

Legal Aid

Legal Aid Lawyer - Geetha Anjali

416-979-1446

South Asian Legal Clinic - Anna Boodara

416-487-6371

What you Want to Take when you Leave

- **Identification**
- **Driver's license, car title and registration**
- **Children's birth certificates**
- **Your birth and marriage certificates**
- **Money**
- **Restraining Order**
- **Bank books/Cheque books**
- **Insurance papers**
- **House and car keys**
- **Medications**
- **Social Insurance Number**
- **Work permits/Immigration papers**
- **Passport**
- **Divorce papers**

Safety Planning for Yourself

- 1. Having important phone numbers nearby for you and your children, such as the police, hotlines, friends and the local shelter. Keep these numbers in a place your partner cannot find them.
- 2. Plan your emergency exits – consider safe areas in your house and know where the exits are. Consider things you can do to get out of the house, such as taking out the trash, walking the pet or going to the store.
- 3. Hide extra clothing, house keys, car keys, and money at a trusted person's home. Keep an emergency suitcase packed if able to.
- 4. Even if you do not plan to leave, think of where you could go in an emergency. Tell the people you trust as part of your safety plan. You can make up a code word to use when you need help.
- 5. If you have children, teach them how to dial 911.

Family and Youth Services

Toronto North Support Services

Satha Vivekananthan 416-586-9780 ex 525

Malvern Family Resource Center

Niyasan Ramachandran, Youth Outreach Worker
416 -284- 4184 ex 215

East Metro Youth Services

Subani Gobalan - 416-438-3697

Scarborough Village Early Years Center
Prabha Albert , Community worker with
Tamil mothers (newcomers)
Prabha.Albert@gmail.com

Malvern Family Resource Center
Niyasan Ramachandran, Youth Outreach
Worker 416 284 4184 ex 215

Council of Agencies Serving South Asians
416 932 1359

Rexdale Women's Center
416 745 0062

Settlement Services

Settlement Assistance and Family Support Services

Abi Kanagasabai 416 431 4847 ex 234

akana@safss.org

Polycultural Immigration and

Community Services

Shyamala 416-261-4901

The Victoria Park Hub

Suganthini 647 628 7406

Catholic Cross-cultural Services

416 757 7010 Aishesha Ex. 212

YMCA Scarborough Milner Business Court

Centre 416 609 0218 ex 30042

Addictions Services

Fred Victor – Siva Counsellor

416 482 4103 ex 300

Disability Services

Organization of Canadian Tamils with Disabilities

Nayanee 416-293-9499

Mental Health Services

Pathways – Community based program for

people living with Mental Illness

416 208 0131 ex 224

Tamils Rehabilitation Organization

416-751-8777

Hope4Your Family Counselling Services

905-550-8765

Vasantham – Tamil Seniors Wellness Group

416 847 4172 vasanthan@live.ca

Food Banks

Food Share 416 392 6655

Food Bank Dorset Park

647 723 9238 or 416-292-6912