

**Does your partner ever....**

**Control the money in the relationship?**

**Push you, slap you, choke you or hit you?**

**Pressure you to have sex or do things you don't want to do?**

**Embarrass you with put-downs?**

**Control what you do, who you see or talk to or where you go?**

**If you answered 'yes' to any of these questions, you may be in an unhealthy or abusive relationship.**

# **We can help.**

**YWCA provides support and counselling services for individuals who are experiencing or have experienced emotional, physical or sexual violence.**

**Our services are free, confidential and available to everyone in the Bow Valley:**

- Supportive counselling
- Safety planning
- Referrals
- Resources
- Crisis shelter

**Contact us for support:  
403-760-3200  
ywcabanff.ca**

*Support provided by phone, confidential virtual platform or in-person.*

