

Does your partner ever....

Control the money in the relationship?

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

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

Embarrass you with put-downs?

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

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**

During COVID-19 support is available by phone or confidential virtual platform.

