

A person wearing a bright red puffer jacket and dark pants is walking away from the camera down a long, straight, paved path that stretches into the distance. The path is flanked by dry, brown grass and shrubs. The sky is overcast.

Does your partner ever....

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?

Control the money in
the relationship?

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

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

