

# STOP



## Violence Against Women



### **"SAFETY" is about**

- NOT having to say you're sorry
- NOT apologizing
- NOT making excuses to others for HIS behaviour
- Finding a safe place to escape from violence
- Believing it is not your fault
- Taking care of YOU - YOU deserve nothing less
- Believing in HOPE

Escaping violence is possible! Check out [www.sheltersafe.ca](http://www.sheltersafe.ca) where you will find Canada's most comprehensive resource to finding help in your community and staying safe. Help is just a click away.



[www.ufcw.ca/women](http://www.ufcw.ca/women)