



Domestic violence resources

- In case of emergency or danger, call **911**.
- **SOS violence conjugale** (www.sosviolenceconjugale.ca/) provides intake, assessment, information, outreach, support, and referral services that are bilingual, free, anonymous, and confidential, 24 hours a day, 7 days a week, for those who are experiencing domestic violence or who are affected by this issue. For members of the Deaf community: 1-800-363-9010 (TDD) or sos@sosviolenceconjugale.ca.
- Women's shelters and support centres for victims of domestic violence provide services with or without shelter and are free and confidential. They provide telephone and in-person support, information and referral services, safe shelter, and individual and group support, as well as engaging in prevention efforts and raising awareness in the community. They also provide consultation services for loved ones and professionals, as well as assistance with administrative processes, legal proceedings, immigration, and more. Please see the list of shelters that are members of the **Regroupement des maisons pour femmes victimes de violence conjugale** (<https://maisons-femmes.qc.ca/>) or the list of shelters that are members of the **Fédération des maisons d'hébergement pour femmes** (<http://fede.qc.ca/maisons>).
- In addition to offering legal services, **Juripop** (<https://juripop.org/>) has set up a family law hotline for victims of domestic violence to inform them of their rights and obligations with respect to their spouse, children and loved ones: 1 855 587-4767, reception@juripop.org.
- **Shield of Athena Family Services** (<http://shieldofathena.com/en>) provides professional support, intervention, and prevention services that are culturally and linguistically adapted to the needs of women who are victims of family violence and their children, as well as being adapted to members of ethnocultural communities: 514-274-8117 or 1-877-274-8117 (Montréal) or 450-688-6584 (Laval).
- The **Maison pour femmes immigrantes** (Immigrant Women's Shelter: <http://en.maisonpourfemmesimmigrantes.com/>) meets the needs of immigrant women and their children who are victims of domestic violence. Located in Québec City, the Immigrant Women's Shelter provides a number of services, including shelter, wide-ranging support services, a crisis hotline (24 hours a day, 7 days a week), interpreter services, and more: 418-652-9761 or on WhatsApp at 418-208-4967.

- The **Maison des femmes sourdes de Montréal** (<http://mfsm.info/>) provides various services, including a hotline and support services, for Deaf women experiencing domestic violence: 514-255-6376 (TDD) or femmessousdes@mfsm.ca.
- The **Native Women's Shelter of Montreal** (www.nwsm.info/what-we-offer) provides shelter and front-line services exclusively to Indigenous women and their children in an environment where they can focus on their various challenges and rebuild their lives: 514-933-4688, 1-866-403-4688, or nakuset@gmail.com.
- The **Maison communautaire Missinak** is a shelter in Québec City for Indigenous women in difficulty and their children: 418-627-7346.
- The **Centre de solidarité lesbienne** (www.solidaritelesbienne.qc.ca/csl/violenceconjugale/) works with members of the lesbian community who experience domestic violence and offers services for both victims and perpetrators: 514-526-2452 or info@solidaritelesbienne.qc.ca.
- **À cœur d'homme** (www.aceurdhomme.com), the men's support network for a non-violent society, is an association of 31 independent community organizations across Québec that help men struggling with violent behaviour in a domestic or family context. For more information or to find the nearest organization: 418-660-7799 or 1-877-660-7799, aceurdhomme@videotron.ca.
- **RÉZO** (<http://www.rezosante.org>) works with gay, bisexual, and trans men, particularly on issues of domestic violence: 514-521-7778 ext. 226 or info@rezosante.org or click on the chat icon at the bottom right-hand corner of the homepage.
- A number of other specialized resources can be found on the **Institut national de santé publique du Québec** website (www.inspq.qc.ca/violence-conjugale/victimes; in French).

Please note that some regions like Mauricie and Laval have their own structures to facilitate assessing safety risks, sharing information, and the work that is done in collaboration with various partners (shelters, law enforcement, integrated health and social services centres (CISSSs), integrated university health and social services centres (CIUSSSs), community resources for victims, community resources for perpetrators, and so on).