





## Important Phone Numbers

Police: \_\_\_\_\_

Transition House: \_\_\_\_\_

Shelter: \_\_\_\_\_

Health Centre: \_\_\_\_\_

Bank: \_\_\_\_\_

Day care: \_\_\_\_\_

Children's school: \_\_\_\_\_

Taxi: \_\_\_\_\_

Lawyer: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



You can do this!  
Remember,  
you are not alone!

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# Pack a Bag Checklist

**I will have my emergency bag packed with the following items and it will be located in a safe place and ready to go when I am in a hurry.**

My emergency bag will be safe from my abuser at:

\_\_\_\_\_

Their phone number is \_\_\_\_\_

- \_\_\_ Emergency cash
- \_\_\_ Copies of important documents for me and my children, such as identification cards, health cards, status cards, social insurance cards, passports, medical records, and birth certificates.
- \_\_\_ Medication for myself and/or my children
- \_\_\_ Driver's license
- \_\_\_ Spare keys, such as to the house or car
- \_\_\_ Picture of the abuser
- \_\_\_ Banking information including bank cards and credit cards
- \_\_\_ Items of sentimental value
- \_\_\_ Extra clothing and toiletries
- \_\_\_ Cell phone
- \_\_\_ Bus tickets
- \_\_\_ Your children's favorite toy(s)
- \_\_\_ \_\_\_\_\_
- \_\_\_ \_\_\_\_\_
- \_\_\_ \_\_\_\_\_



**You are strong  
and courageous!**



# Backup Plan Checklist



**I will be sure to do the following things ahead of time in case my abuser comes home when I am leaving. I will be prepared.**

- \_\_\_ I will hide any evidence of leaving as I go.
  
- \_\_\_ I will prepare an escape route, such as staying in rooms where there are multiple exits and planning which exit I will take. I will hide all visible sharp objects in case they suspect I am leaving.
  
- \_\_\_ I will not tell my children that we are leaving until it is safe to do so.
  
- \_\_\_ I will tell trusted friends, family, or neighbours about the violence and give them my full address, including apartment number, so they can call the police if they need to.
  
- \_\_\_ I will give my full address, including apartment number, and set up a code word with people I trust so when I text them or speak the code word, they will know to call the police right away.
  
- \_\_\_ If able, I will wait until they leave again and exit the house or apartment through a back stairwell/door so I don't run into them on the way out.

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**You deserve to live a safe and fulfilling life, free from violence!**







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