



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!

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 he suspects 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 he leaves again and exit the house or apartment through a back stairwell/door so I don't run into him on the way out.



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



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