



**MY SUPPORT TOOL
FOR EGALITARIAN VIOLENCE-FREE
DOMESTIC RELATIONSHIPS**

1. WHAT IS DOMESTIC VIOLENCE?

Domestic violence can occur between partners or ex-partners in an intimate or romantic relationship. It is not limited to physical violence. Domestic violence can take a **variety of forms**:

Psychological	→ Denigrating, threatening, criticizing, intimidating, isolating by preventing contact with family or the use of a cellphone, etc.
Verbal	→ Yelling, insulting, giving orders, etc.
Sexual	→ Sexual assault, sexual harassment, forcing an undesired act, etc.
Physical	→ Hitting, injuring, biting, throwing things, etc.
Spiritual	→ Preventing or denigrating religious or spiritual beliefs and practices, etc.
Financial	→ Depriving of financial resources, controlling income, etc

Domestic violence¹ also includes violent acts committed against the victim's things or even pets.

Family violence includes all forms of violence in a family setting, for example, by one member of the family against another member and to which the child is exposed, or violence by a member of the family against a child.

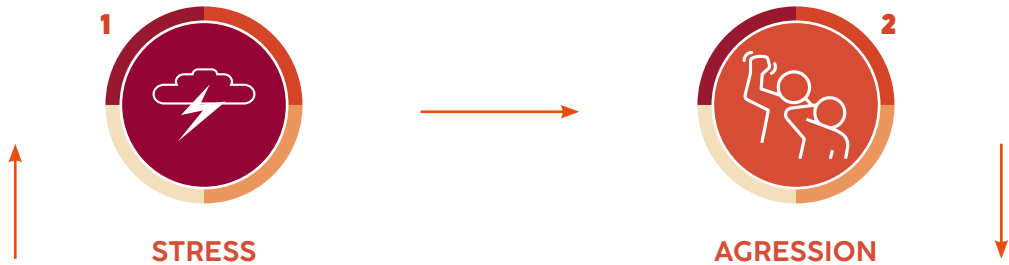
Violence is displayed through a series of repetitive actions that constitute the “**cycle of violence**,”^{1,3,4,5} which tends to worsen over time.

This repetitive cycle is very damaging for the victims and for children. The abuser sets rules to control their partner. These rules, which are not always known to the victim, can be changed and applied when the abuser so decides. This is often confusing and disturbing for the victim. The victim's confusion and anxiety allow the abuser to keep a grip on the victim.

The abuser then finds excuses to justify their behaviour, which makes the victim believe the use of violence is legitimate. The abuser will also try to gain forgiveness and to reconcile with their partner/ex-partner before becoming violent again.

The cycle repeats, and the more it repeats, the more intense and closer together the incidents become.

CYCLE OF DOMESTIC VIOLENCE



Abuser: The atmosphere is tense: the abuser displays excessive anger, threatening looks, heavy silences, etc.

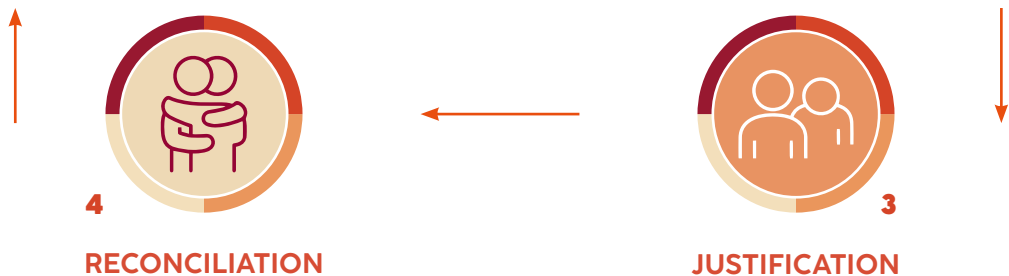
Victim: The victim is worried and scared. The victim tries to improve the atmosphere to avoid violence.

Child*: The child is scared and withdraws. The child feels responsible.

Abuser: Various forms of violence by the abuser: physical, psychological, sexual, spiritual, financial or verbal.

Victim: The victim is sad, feels humiliated and has a sense of injustice.

Child*: The child is terrified and acts by hiding or interfering. The child can feel distressed and powerless.



Abuser: The abuser promises to change. They will be attentive and affectionate towards the victim.

Victim: The victim keeps hoping that the other person will change and notes their efforts. The victim gives the abuser another chance.

Child*: The child can sometimes have mixed feelings during this phase, between happiness and hope in this reconciliation, or anger or anxiety about seeing their parent maintain the relationship. The child may also feel a conflict of loyalty.

Abuser: The abuser apologizes and justifies their behaviour. They deny responsibility by insidiously making the victim responsible.

Victim: The victim feels responsible for the violence experienced: the victim has doubts and feels guilty.

Child*: The child feels responsible and is confused. The child believes their parent's justifications.

** Children have their own cycle which is independent of that of their parents.*

ALWAYS REMEMBER

1. **There's no such thing as "petty violence". All forms of violence are damaging and must be taken seriously.**
2. **Nothing justifies the use of violence.**



2. VIOLENT BEHAVIOUR

Domestic violence is displayed through various behaviours by the abusive partner. To help you become aware of your problematic behaviours, please check off the items on the following list that apply to you.

Do you tend to:

- | | |
|--|--|
| <input type="checkbox"/> Control your partner's comings and goings; | <input type="checkbox"/> Use violence to express your negative emotions; |
| <input type="checkbox"/> Use physical violence (e.g., hit, choke, push up against the wall); | <input type="checkbox"/> Force your partner to perform unwanted sex acts; |
| <input type="checkbox"/> Force your partner to do what you want. | <input type="checkbox"/> Prevent your partner from seeing their friends or family; |
| <input type="checkbox"/> Yell and raise your voice; | <input type="checkbox"/> Break things; |
| <input type="checkbox"/> Prevent your partner from spending their money the way they want; | <input type="checkbox"/> Denigrate, insult or berate your partner; |
| <input type="checkbox"/> Follow or spy on your partner; | <input type="checkbox"/> Refuse to accept your partner's refusal; |
| <input type="checkbox"/> Harm or control your partner's professional life; | <input type="checkbox"/> Deprive your partner of financial resources; |
| <input type="checkbox"/> Physically injure your partner; | <input type="checkbox"/> Be jealous and controlling; |
| <input type="checkbox"/> Threaten or intimidate your partner; | <input type="checkbox"/> Use your partner's weaknesses to hurt them. |
| <input type="checkbox"/> Blame your partner; | |

If you have checked one or several points on this list, we invite you to talk with a professional. It is possible to change these behaviours by getting help from specialized resources. Changing violent behaviour before it is too late will help you avoid many of the consequences that you will find in the following section.

The consequences of domestic violence for the abuser

Many consequences can affect the abuser.

Psychological health consequences

- ✓ Shame
- ✓ Reduced self-esteem
- ✓ Reduced feelings of pride
- ✓ Psychological distress

Other consequences

- ✓ Legal proceedings
- ✓ Incarceration
- ✓ Involvement of the Director of Youth Protection
- ✓ Loss of custody of children
- ✓ Separation
- ✓ Conflict with family and/or friends, etc

The consequences of domestic violence for the victims

Domestic and/or family violence is very damaging for those who endure it, whether they are adults or children. Children will be affected even if they do not directly witness domestic violence.

For the partner or ex-partner who is a victim of domestic violence, it is possible to see^{6,7}:

Physical consequences

- ✓ Physical injuries
- ✓ Concussions
- ✓ Chronic pain
- ✓ Miscarriage or premature birth, etc.

Other consequences

- ✓ Absenteeism from work
- ✓ Financial problems
- ✓ Isolation
- ✓ Conflict with family and/or friends
- ✓ Deterioration of relationships with the children, etc.

Psychological consequences

- ✓ Anxiety and stress
- ✓ Substance abuse
- ✓ Suicidal thoughts
- ✓ Distress
- ✓ Sleep disorders
- ✓ Shame, low self-esteem, etc.



For the **child** who witnesses violence, the consequences are vast. They can leave long-lasting scars, among them⁶:

- ✓ Anxiety and anguish
- ✓ Lower academic results
- ✓ Sadness and depression
- ✓ Copying the parents' relationship or behavioural models (violence, aggressivity, insulting)
- ✓ Attention and hyperactivity problems
- ✓ Lower self-esteem
- ✓ Suicidal thoughts
- ✓ Post-traumatic stress symptoms
- ✓ Development of tolerance to violence (normalization)
- ✓ Weakening of bonds with their parents

3. WHAT SHOULD I DO IF I BEHAVE VIOLENTLY?

Becoming aware of your violent behaviour and its consequences for you, your partner or ex-partner, and your children is the first step to breaking the cycle of violence.

Specialized resources that provide help to those committing acts of domestic and/or family violence are the best placed to help you. We strongly encourage you to contact these resources as soon as possible.

You can immediately begin by reflecting, and by working on yourself. Here are several paths⁵:

► **Identify the consequences of the domestic and/or family violence for yourself, your partner and your children, if you have any.**

- I am ashamed.
- I no longer recognize myself in my behaviour.
- I am not proud of myself.
- I injured my partner.
- I cause my partner anxiety or distress.
- I'm afraid of losing my partner.
- I'm afraid my children will copy my violent behaviour.
- My children or my family fear me.
- I was arrested or accused of a crime because of my behaviour, or I am afraid that I will be.
- I am prohibited from contacting my partner or ex-partner.
- I have lost or fear losing custody of my children.
- _____

► **Reflect on the triggers and precursors to violence by monitoring the following signs:**

- Accumulation of unpleasant emotions:
 - Sadness
 - Shame
 - Anxiety/stress
 - Fear
 - Anger
 - Discouragement
 - _____
 - _____
- Presence of physiological signs and reactions (increased heart rate, sweating/moist hands, feeling hot, tense body or jaw muscles, etc.).
- Absence of healthy ways to express my emotions.
- Presence of ruminations and negative thoughts about a situation.
- _____

► **Identify the desired type of behaviour and interpersonal relationships:**

I would like to be:

- Calm
- Understanding and a good listener
- Appreciated and loved
- Able to withdraw to avoid violence
- Emotionally independent
- _____
- _____
- _____
- _____

I would like to have a couple's or an interpersonal relationship:

- Marked by respect
- Based on confidence
- Characterized by equality
- Where healthy communication is possible
- Where everyone has the right to their own opinions
- Where everyone is free to make their own choices
- _____
- _____



You can also consult “Prends l’air” (Get some fresh air) prendslair.ca (in French only) which is a digital platform of awareness and prevention developed for abusers. There you will find interactive tools to understand your behaviour, manage your emotions and help you undertake the process of change.

► **Establish a “Time Out” strategy to avoid resorting to violence following the identification of precursor signs:**

- | | |
|--|---|
| <input type="checkbox"/> Leave the house. | <input type="checkbox"/> Take a daily break to breathe and think. |
| <input type="checkbox"/> Take a walk. | <input type="checkbox"/> Contact resources for help when needed. |
| <input type="checkbox"/> Breathe deeply and calm down. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Think of a healthy and safe way to resolve the situation. | |

► **Identify what motivates you to change your behaviour.**

I want to:

- | | |
|---|---|
| <input type="checkbox"/> Develop healthy relationships. | <input type="checkbox"/> Feel competent. |
| <input type="checkbox"/> Regain my pride. | <input type="checkbox"/> Be proud of myself and feel confident. |
| <input type="checkbox"/> Maintain healthy bonds with my children. | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Flourish. | <input type="checkbox"/> _____ |

► **Identify your strengths and the help available to assist you on your path to change.**

Strengths:

- Perseverance
- Determination
- Ability to be introspective (capacity for self-analysis)
- Good listener
- Open-minded
- Consistency
- _____
- _____
- _____

Assistance:

- Family present and helpful
- Health and social services professionals
- Friends
- Work colleagues
- Community organizations
- Support groups
- Social media (to search for information and tools)
- _____
- _____

**Contact one of the specialized assistance services now!
(See pages 10 and 11)**



4. BEING ACCUSED OF DOMESTIC VIOLENCE



Here’s a summary of the steps you need to take if you are accused of domestic violence^{8,9}.

If a complaint of domestic violence is lodged against you and found to be warranted, you may be arrested. You may then be detained and summoned to appear before a judge for a release hearing or be released with conditions until you appear in court. If you are detained, the release hearing will allow the judge to decide if your detention should continue until your trial.

If you are released before trial, conditions will be imposed on you. For example, you will be prohibited from communicating with the alleged victim.

It is the Crown prosecutor’s responsibility to decide if official charges will be laid against you. If so, your status will change from “suspect” to “accused.”

Many types of charges can be laid against you in a situation of domestic violence, including assault, threats, harassment, assault with injury, sexual assault, breaking and entering, etc. Even if the victim withdraws their complaint, accusations may be maintained if the prosecutor believes that it is possible to prove your guilt without their testimony.

If there is a trial:

- ✓ The victim may have to testify.
- ✓ The domestic situation will be considered an aggravating circumstance.

Prohibition against communicating and undertaking to not disturb the peace¹⁰



If one or the other of these measures is imposed on you, **you are required to respect it**. It is important that you respect your conditions to the letter.

Communicating with the victim, directly or indirectly through someone else, will lead to new charges.

You could then be incarcerated or have your sentence extended. Even if the victim contacts you first or agrees to you coming to their home, you are still violating your conditions and can be arrested.

6. HELP AND SUPPORT RESOURCES

Here are resources providing assistance for abusers in domestic and/or family settings in the Laurentians and its surroundings.

CISSS DES LAURENTIDES

Director of Youth Protection (for reports or rapid access)

1 800 361-8665

Primary Care Access Point (GAP)

To obtain a medical appointment (for individuals awaiting a family doctor)

811 option 3

Info -Santé and Info -Social 811 (Telephone consultation 24/7)

To speak with a nurse: option 1

To speak with a social worker: option 2

CLSC psychosocial services

CLSC Thérèse-de-Blainville | Sainte-Thérèse

CLSC Jean-Olivier-Chénier | Saint-Eustache

CLSC Lafontaine | Saint-Jérôme

CLSC d'Argenteuil | Lachute

CLSC de Sainte-Adèle | Sainte-Adèle

CLSC Saint-Sauveur | Saint-Sauveur

CLSC Ste-Agathe-des-Monts | Ste-Agathe-des-Monts

CLSC Mont-Tremblant | Mont-Tremblant

Centre de services de Rivière-Rouge | Rivière-Rouge

CLSC de Mont-Laurier | Mont-Laurier

HELP AND LISTENING HOTLINES

Centre de prévention du suicide Le Faubourg (24/7)

1 866 APPELLE (277-3553)

Drugs: Help and Referral

Support, information and referrals for people concerned about drug and alcohol use.

514 527-2626

Écoute Entraide

514 278-2130 ou 1 855 365-4463

PROFESSIONAL ORDERS – LISTS OF CLINICAL PROFESSIONALS

Ordre des travailleurs sociaux et thérapeutes conjugaux et familiaux du Québec (social workers, family and couples therapists)

<https://www.otstcfq.org> (in French only)

Ordre des psychologues du Québec (psychologists)

<https://www.ordrepsy.qc.ca>

Ordre des psychoéducateurs et psychoéducatrices du Québec (psychoeducators)

<https://ordrepse.d.qc.ca/trouver-un-psychoeducateur> (in French only)

Ordre professionnel des criminologues du Québec (criminologists)

<https://ordrecrim.ca/public/protection-public/trouver-un-criminologue> (in French only)

OTHER ASSISTANCE GROUPS AND RESOURCES

CETAS Centre d'évaluation et de traitement des agressions sexuelles (sexual assault assessment and treatment)

Psychosocial services for victims, their loved ones and for those who have committed sex crimes.

Telephone support line 7 days a week from 8:00 a.m. to 10:00 p.m.

450 431-6400

<https://www.info-cetas.com> (in French only)

Maison Oxygène Laurentides

Housing for fathers, workshops, support and accompaniment 579 887-8843

579 887-8843

www.maisonoxygenelaurentides.org (in French only)

Ressources Olivier – Maison Oxygène Saint-Joseph et La Percée

Housing, support and accompaniment for men, women, families, children, and their loved ones (suicidal, grieving, in vulnerable situations).

819 660-2842

<https://www.ressourcesolivier.com> (in French only)

Service d'aide à la recherche de logement (SARL) de Saint-Jérôme

Support in the search for housing (Saint-Jérôme residents only)

450 990-4277

www.omhstjerome.qc.ca/service-daide-a-la-recherche-de-logement-sarl (in French only)

ORGANIZATIONS FOR THOSE COMMITTING VIOLENT ACTS

4Korners

English-language anger management program for men.

450 974-3940, ext. 601

<https://4korners.org>

ACCROC

Individual and group treatment services for men and adolescents with violent behaviour.

450 589-9966 or 1 877 460-9966

<https://accroc.qc.ca/en/>

CHOC – Carrefour d'Hommes en Changement (Laval)

Domestic violence and suicide prevention services for men.

450 975-2462

www.organismechoc.com

OPTION (Montréal)

Support, follow-up and psychotherapeutic services for men and women having violent behaviour in a domestic or family situation.

514 527-1657

<https://www.optionalternative.org> (in French only)

PAIX (Programme d'aide et d'intervention)

Group services for men, women and adolescents with violent behaviour in a domestic or family situation.

819 326-1400 ou 1 800 267-3919

<https://organismepaix.ca> (in French only)

Service d'Aide aux Conjoints – SAC (Montréal)

Help for men having problems in their couple relationship (those who commit or are victims of violence)

<https://www.serviceaideconjoints.org/en/>

SAPPACA – Service d'Aide Pour Personnes Ayant des Comportements Agressants

Program for help managing anger, impulsivity and aggressiveness.

450 543-0137

<https://www.sappaca.com> (in French only)

LEGAL SERVICES

Barreau du Québec – list of lawyers

<https://www.barreau.qc.ca/en/find-a-lawyer/>

Centre communautaire juridique Laurentides-Lanaudière

For emergencies (persons arrested and detained): 1 800 842-2213

Saint-Jérôme (criminal and penal, administrative, civil and family): 450 436-5712

Lachute: 450 562-2462

Sainte-Thérèse: 450 435-6509

Saint-Eustache: 450 472-0134

Sainte-Agathe: 819 326-6111

Mont-Laurier: 819 623-2827

Centres de justice de proximité Laval-Laurentides-Lanaudière

Personalized legal information, support and guidance, Info-Separation service.

Toll-free: 1 844 522-6900 | 450 990-8071

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2. Secrétariat à la condition féminine. (2022). *Stratégie gouvernementale intégrée 2022-2027 : Contrer la violence sexuelle, la violence conjugale et Rebâtir la confiance (Integrated government strategy 2022-2027; Countering sexual violence, domestic violence and rebuilding confidence)*. Gouvernement du Québec. (in French only)
3. Secrétariat à la condition féminine. (2018). *Plan d'action gouvernemental en matière de violence conjugale 2018-2023 (Government action plan for domestic violence)*. Gouvernement du Québec. (in French only)
4. Maison d'Ariane. (2022). *Le cycle de la violence conjugale – À travers les yeux d'un enfant (The cycle of domestic violence – seen through the eyes of a child)*. <https://violenceconjugale.ca/wp-content/uploads/2021/10/CycleVCenfants-2.pdf> (in French only)
5. Environnement numérique d'apprentissage (ENA). (2019). *Formation provinciale Violence conjugale : connaître, détecter, intervenir (Provincial training – Domestic violence: knowledge, detection, intervention)*. Ministère de la santé et des services sociaux. <https://fcp.rtss.qc.ca/ena-login/index.html> (in French only)
6. Institut national de santé publique du Québec. (2022). *Trousse média sur la violence conjugale (Domestic violence media kit)*. <https://www.inspq.qc.ca/violence-conjugale/accueil> (in French only)
7. SOS Violence Conjugale. (undated). *9 Consequences of intimate partner violence*. <https://sosviolence-conjugale.ca/en/tools/sos-infos/9-consequences-of-intimate-partner-violence>
8. Éducaloi. (2022). *What Is Domestic Violence?* <https://educaloi.qc.ca/en/capsules/what-is-domestic-violence/>
9. Éducaloi. (2022). *Making a Domestic Violence Complaint: The Steps Explained*. <https://educaloi.qc.ca/en/capsules/making-domestic-violence-complaint/>
10. Gouvernement du Québec. (2022). *Interdiction pour l'accusé d'un crime de communiquer avec la victime (Prohibition against contacting the victim by person accused of a crime)*. <https://www.quebec.ca/justice-et-etat-civil/accompagnement-victimes-crime/mesures-protection-securite/interdiction-communication-victime-accuse> (in French only)