



About MOSAIC

MOSAIC is a non-profit organization and registered charity serving immigrants and newcomers since 1976. Today, we offer comprehensive services for Canadian citizens, newcomers, refugees, immigrants, and temporary foreign workers at multiple locations throughout Metro Vancouver.

In addition to this program, MOSAIC also offers the following:

- Children and Family Programs
- Employment Programs
- English Language Centres
- Interpretation Services
- Settlement Programs
- Specialized Programs
- Translation Services

For contact information, or to find out more about these services, please visit us at: www.mosaicbc.org or call 604.254.9626



MOSAIC
Engaging Newcomers, Enriching Communities



This program is made available thanks to the support of the Ministry of Public Safety and Solicitor General

Safe and Confidential

Contact Us

604.254.9626

Monday to Friday 9:00am - 5:00pm

Stopping the Violence Counselling



Violence is a crime

You have the right to feel safe in your home and to live free of violence. Violence in Canada is a CRIME. If you or your children have been abused, you can report it to the police. Call the POLICE immediately by dialling 911 if you are hurt or in danger.



Available Languages

Some language support is available for Stopping the Violence counselling services



MOSAIC

Empowering newcomers to fully participate in Canadian Society for over 40 years

A healthy relationship is based on care and trust

A healthy relationship allows space for each person to have different opinions and ideas. It is not based on jealousy, controlling behaviour, or demands.

If you are...

- Experiencing violence in your relationship
 - Being hurt by one or more of your family members
 - Lonely and isolated
 - Denied access to money
 - Forced to stay with the person who hurts you
 - Feeling angry, sad, and/or constantly tired
 - Afraid of being hurt
 - Worried your children are being exposed to violence
 - Concerned about your sponsorship
- ...you are not alone.

What is violence against women?

Domestic violence is a pattern of intentional, abusive behaviour used by one partner within an intimate relationship against the other to gain power and control.



Stopping the Violence services...

Available to women who have experienced, or are at risk of, abuse, threats, or violence in an intimate relationship; sexual assault; or child abuse. Services include:

One-to-one counselling support

Free and confidential counselling support that is client-centred and includes safety planning.

Group support

Free and confidential psycho-educational support groups that are delivered in a safe environment. Topics include self-esteem, setting boundaries, coping with depression and anxiety, and safety planning.

Advocacy, information & referrals

Advocacy support, referrals to other relevant resources, and information about legal rights and options, family law, and relevant immigration information.

Types of abusive behaviours

Physical violence – includes pushing, choking, slapping, kicking, punching, using objects as weapons, destroying property.

Emotional and Verbal – includes threatening to kill you, your children, other family members or pets; threatening to commit suicide; humiliating and degrading; forcing you to do something you don't want to; isolating you from family and friends; confining you to the house; making you feel bad; threatening you with deportation.

Spiritual – using your religious or spiritual beliefs to manipulate, dominate, and control.

Economic/financial – denial of money for food, clothes, and/or personal use.

Sexual – using threats, intimidation, or physical force to force you into unwanted sexual acts.

Criminal harassment/stalking – following you or watching you, and invading your privacy in a way that threatens your personal safety.

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