



safety support hope



www.familytransitionplace.ca

We all share the hope of new beginnings...

The "New Year" is a time of renewal and hope that life improves in some way. How do you want your life to change in 2006? Eat better, exercise more? Spend less, invest wisely? Minimize stress, find time to relax? Balance work/home, connect with friends?



Physical and financial resolutions top the charts for New Year's resolutions, but a growing number of people are looking to 2006 as the year to focus on improving their relationships.

Some people want to nurture an already healthy relationship. Others hope that this is the year they no longer have to live in fear of saying or doing something that sends their partner into a verbal or physical rage.

They hope and pray that this year they find a way to end the name calling, put downs, isolation, bullying, yelling, pushing and fear they experience in their lives.

If you live with abuse, know that you don't have to. Counsellors at Family Transition Place can listen and help you develop a plan for taking the practical and emotional steps you need to live a happier, healthier life. Call 519-941-4357 or 905-584-4357.

If you want to empower someone you know, know that you can make a difference. 81% of abused women tell family or friends first. Offer practical help, emotional support, financial assistance, as well as understanding and acceptance, all of which can help a woman make the choices that are right for her.

For more information on what you can do to help, log on to www.familytransitionplace.ca and visit "Feeling Abused?".

Together, we can offer a "New Year" of possibilities, new beginnings and the hope of a brighter life ahead.

Local phone number now gives Caledon residents easier access to services



Serving the people of Caledon
for the past 20 years

519-941-HELP * 905-584-HELP * 1-800-265-9178 * TTY: 519-942-1651

**Serving Caledon
& Dufferin**

**24 Hr Crisis/Info Line * Children's Services * Counselling * Emergency Shelter
Legal Support * Men's Support * Second Stage Housing * Transitional Support
Violence Prevention * Workshops**

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