



APRIL

**VIOLENCE
AWARENESS
MONTH**

What are the signs of possibly being a victim of domestic violence?

- Is your partner preventing you from seeing your family or from having friends?
- Are you afraid of your partner or how they may react in certain situations?
- Does your partner make you feel worthless?
- Do you, or your children, feel scared to be at home?
- Does your partner insult you, your thoughts, and/or actions?

Resources

- In emergency situations, always call 9-1-1
- Assaulted Women's Helpline: 1-866-863-0511
- Kids Help Phone: 1-800-668-6868
- Shelter Safe: <https://www.sheltersafe.ca/>
- Men's Services – Support Services for Male Survivors of Sexual Abuse: 1-866-887-0015
- Family Services of Peel: 905-453-5775

Take Control

What are the benefits of a safety plan?

- Safety plans are important in protecting yourself and your children
- This can start by connecting with a violence support hotline to help navigate the path to safely leave the situation
- Safety plans may include: establishing a method of transportation, a place to sleep, financial support, social supports that you trust, and more
- It is ideal to create 'code words' with your children so they know when to contact police
- If it is safe to do so, ensure that you have important documentation such as: birth certificates, passports, social insurance numbers, health cards, etc.

During the COVID-19 Outbreak

- Ontario's emergency shelters for women and children fleeing violence remain open to offer support
<https://www.mcsc.gov.on.ca/en/mcsc/programs/community/helpingWomen/index.aspx>



FAMILY SERVICES of PEEL

Since 1971

DIVERSITY: What's happening in April?



APRIL 8 – 16

PESACH

Passover or Pesach is one of the most widely celebrated Jewish holidays. During the existence of the Temple in Jerusalem, Passover was a spring festival that was connected to the offering of the first fruits of barley, the first grain to ripen and to be harvested in the Land of Israel. In the Book of Exodus, God helped the Israelites escape from slavery in ancient Egypt by inflicting ten plagues upon the Egyptians before the Pharaoh would release the Israelite slaves. The last of the plagues was the death of the Egyptian first-born. The Israelites were instructed to mark the doorposts of their homes with the blood of a slaughtered spring lamb and, upon seeing this, the spirit of the Lord knew to *pass over* the first-born in these homes, hence the English name of the holiday.

APRIL 10

GOOD FRIDAY

Good Friday is a Christian holiday commemorating the crucifixion of Jesus (the son of God) and his death at Calvary.

APRIL 12

EASTER

Easter, also called Pascha or Resurrection Sunday, is a holiday commemorating the resurrection of Jesus from the dead, described in the New Testament as having occurred on the third day after his burial following his crucifixion by the Romans at Calvary in 30 AD. It is the culmination of the Passion of Jesus, preceded by Lent, a 40-day period of fasting, prayer, and penance.

APRIL 21

YOM HASHOAH

Holocaust Remembrance Day is observed as Israel's day of commemoration for the six million Jews who perished in the Holocaust as a result of the actions carried out by Nazi Germany and its collaborators, and for the Jewish resistance in that period.

APRIL 24

ARMENIAN MARTYRS DAY

Armenian Genocide Remembrance Day is held annually to commemorate the victims of the Armenian Genocide of 1915. It was a series of massacres and starvations of 1.5 million Armenians by the Ottomans.

RAMADAN BEGINS

Muslims observe Ramadan as a month of fasting (from sunrise to sunset), prayer, reflection, and community. A commemoration of Muhammad's first revelation, the annual observance of Ramadan is regarded as one of the Five Pillars of Islam and lasts twenty-nine to thirty days, from one sighting of the crescent moon to the next.