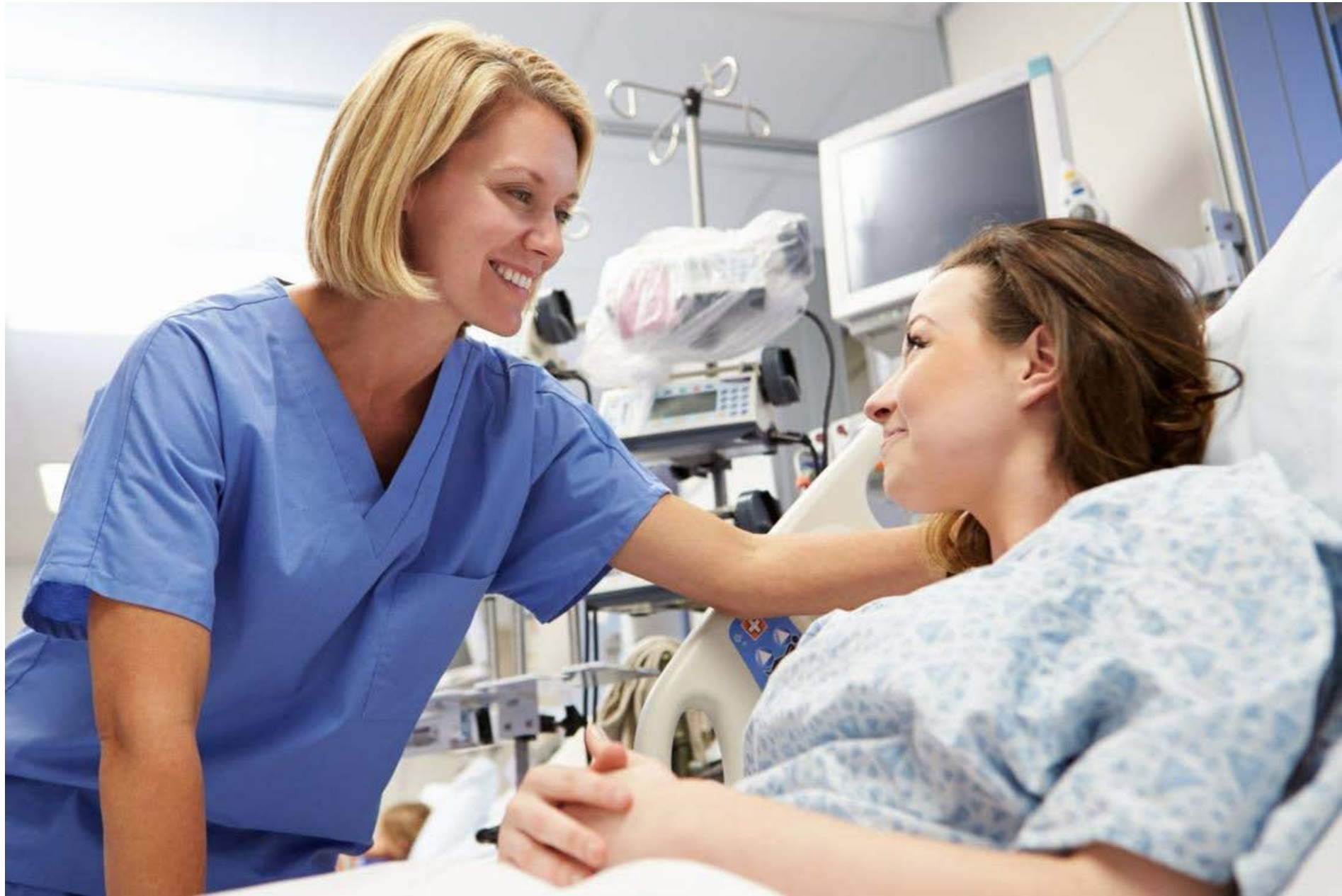


What can Mila do?

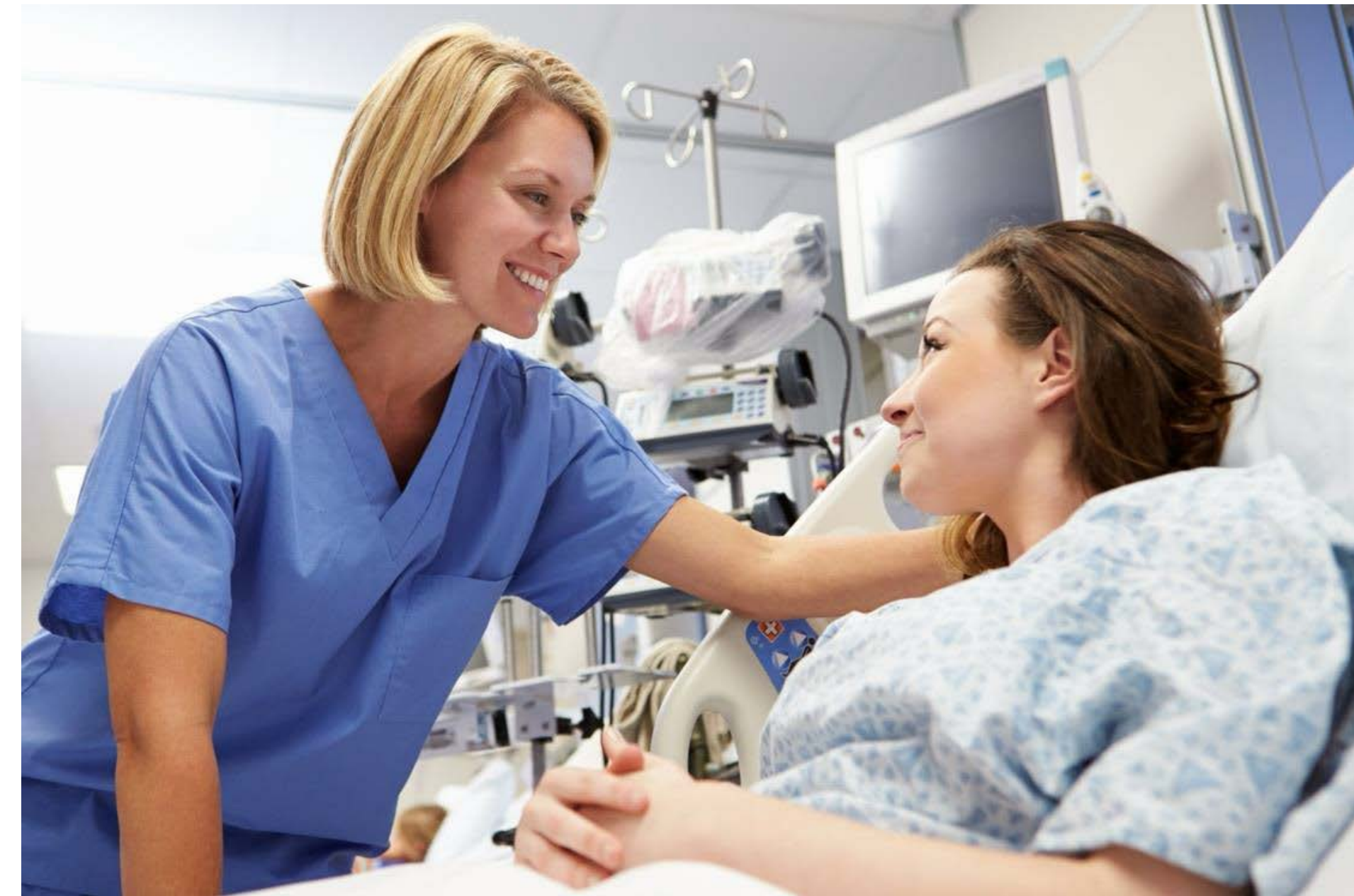




go to the hospital



go to the hospital



- Get treatment for injuries.
- Tell the doctor what happened.



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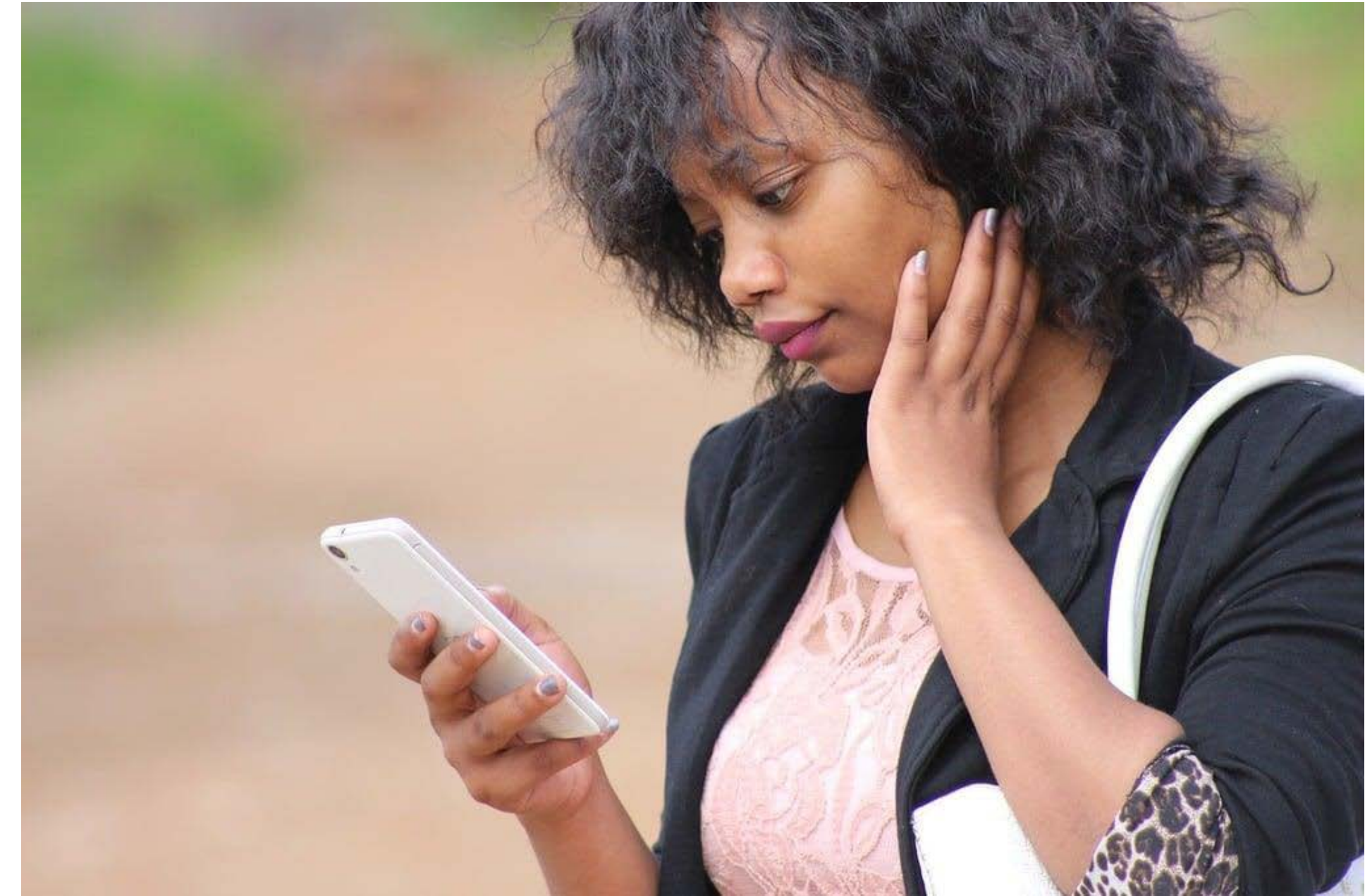
talk to Ivan (the partner)



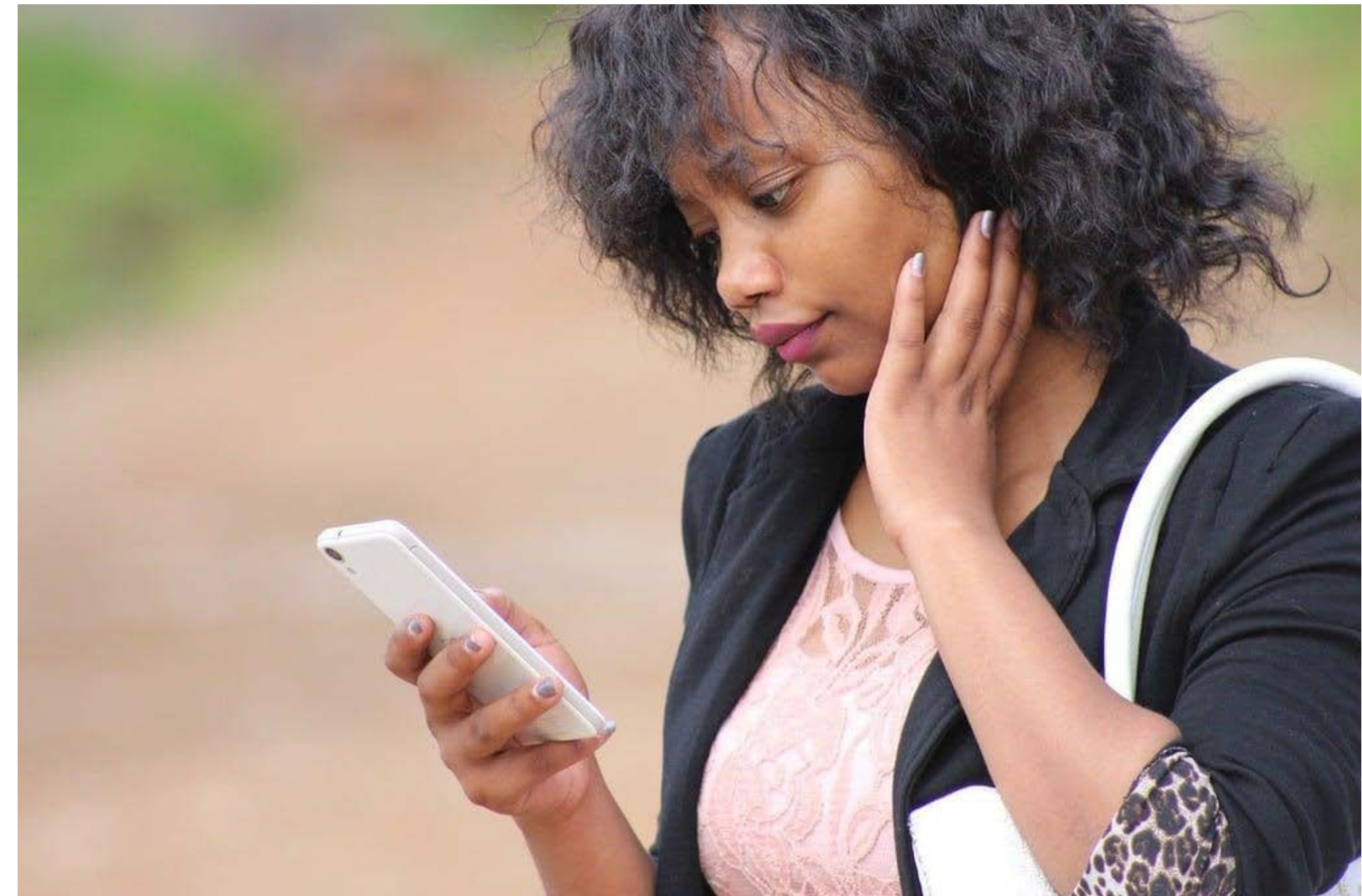


talk to a friend

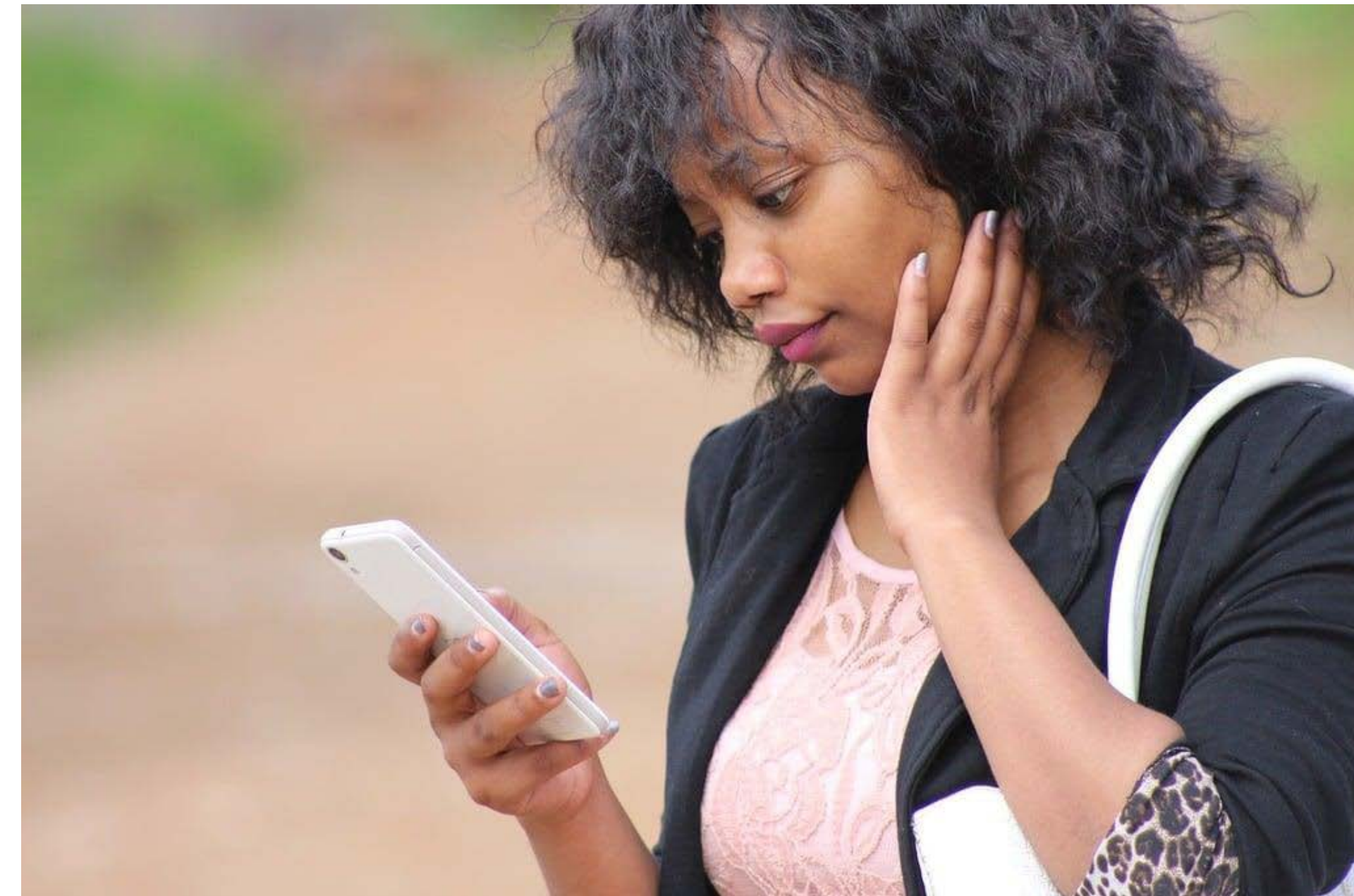




talk to a counsellor



talk to a counsellor



- You talk about your problems and feelings.
- The counsellor listens.
- You can talk in person, on the phone, or online.
- Sometimes you can speak in your first language.



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leave



leave



- Move out of your home.
- Talk to a counsellor first.



go to a shelter



go to a shelter



- A shelter is a safe place to stay.
- You can live in a shelter for a short time.
- There are shelters for women, children, and other people.



tell the police



tell the police



- Go to the police station.
- Call the police station (non-emergency line).
- Call 911 in an emergency.



get legal help



get legal help



- Learn about your rights.
- Get a lawyer.

What can Mila do?



Example for Surrey, BC

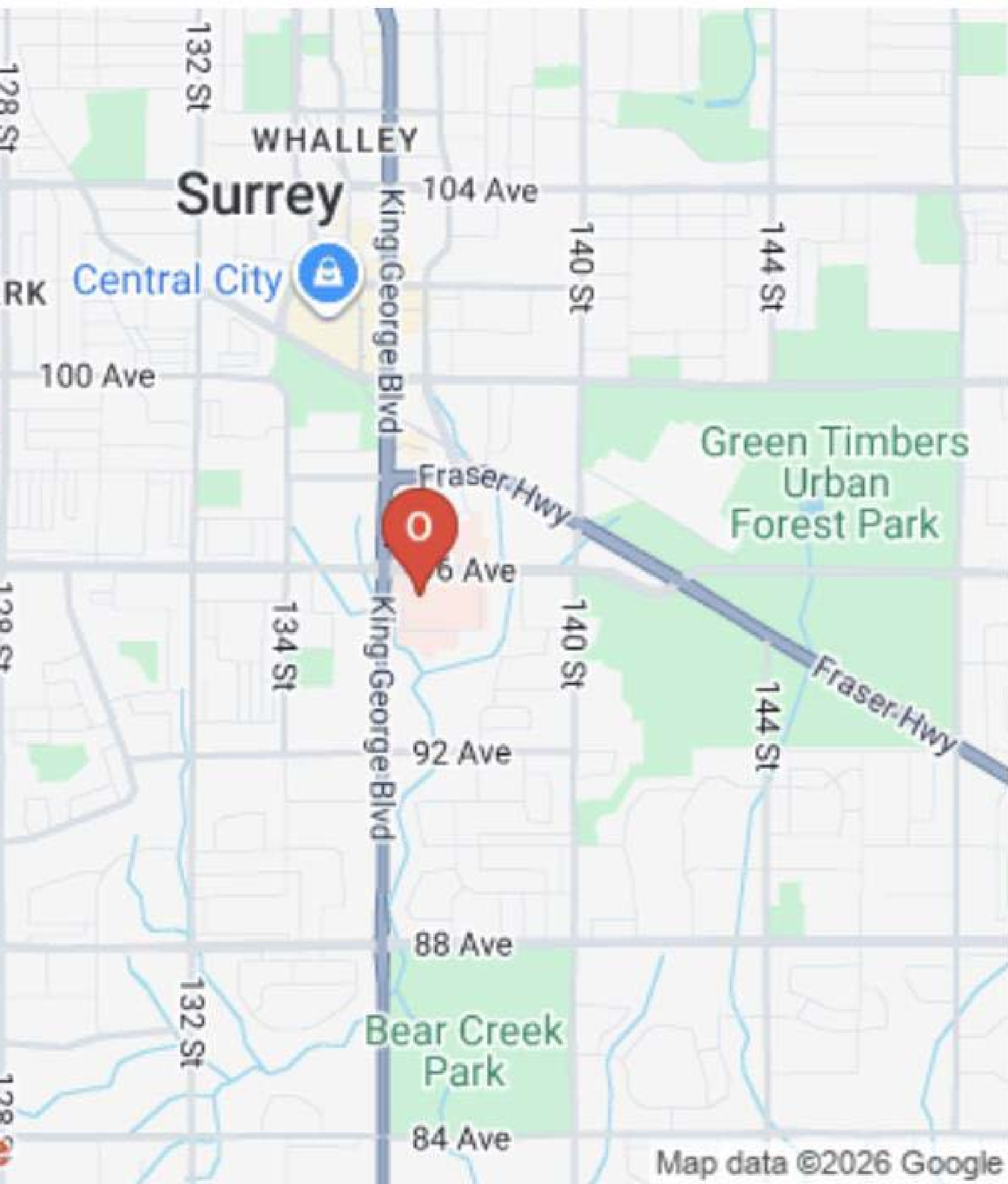


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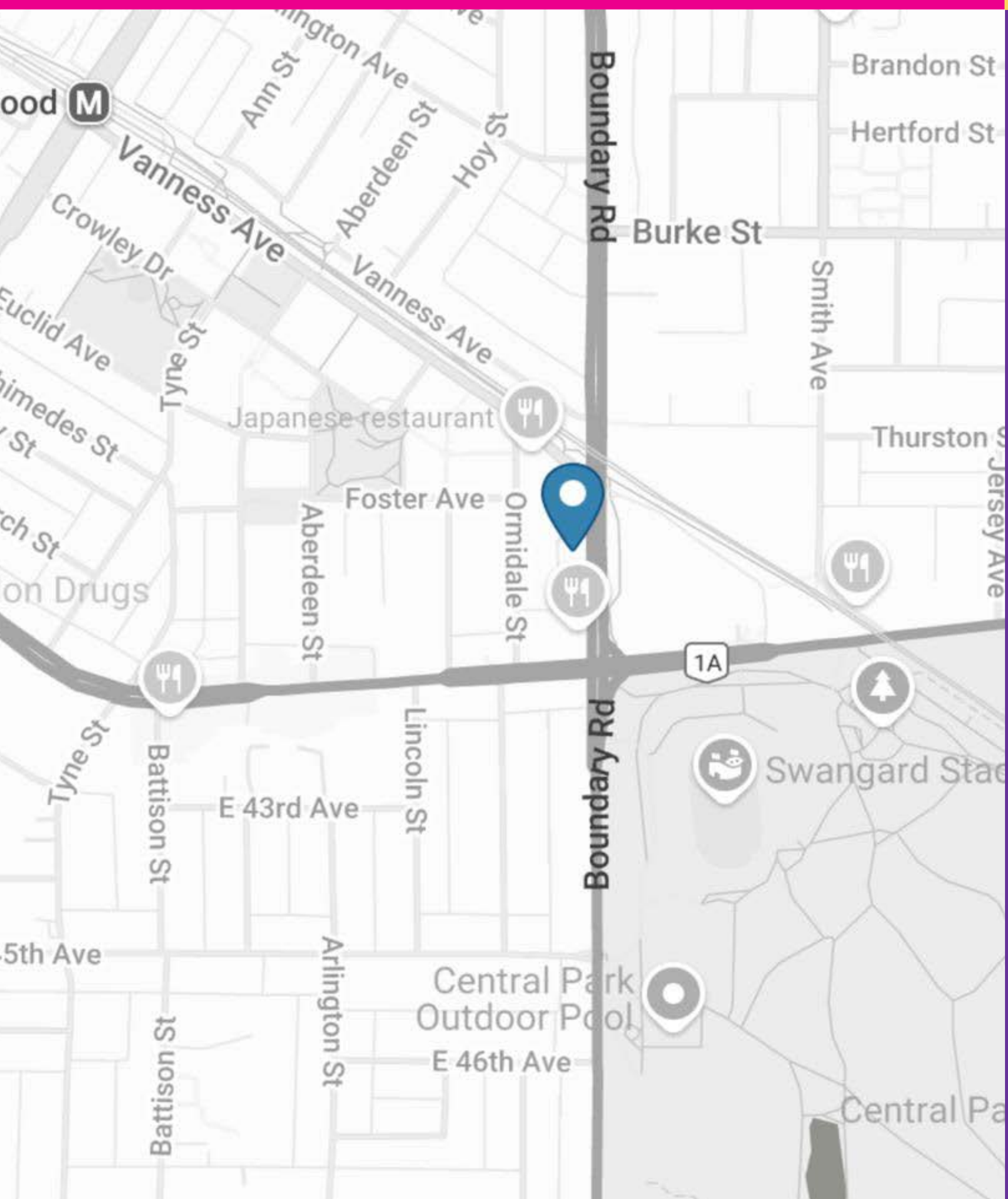


go to the hospital

Surrey Memorial Hospital: 13750 96th Avenue, Surrey

- Emergency Department
- Phone: 604-953-4723
- Ask for Forensic Nursing Service.
- Translation available.

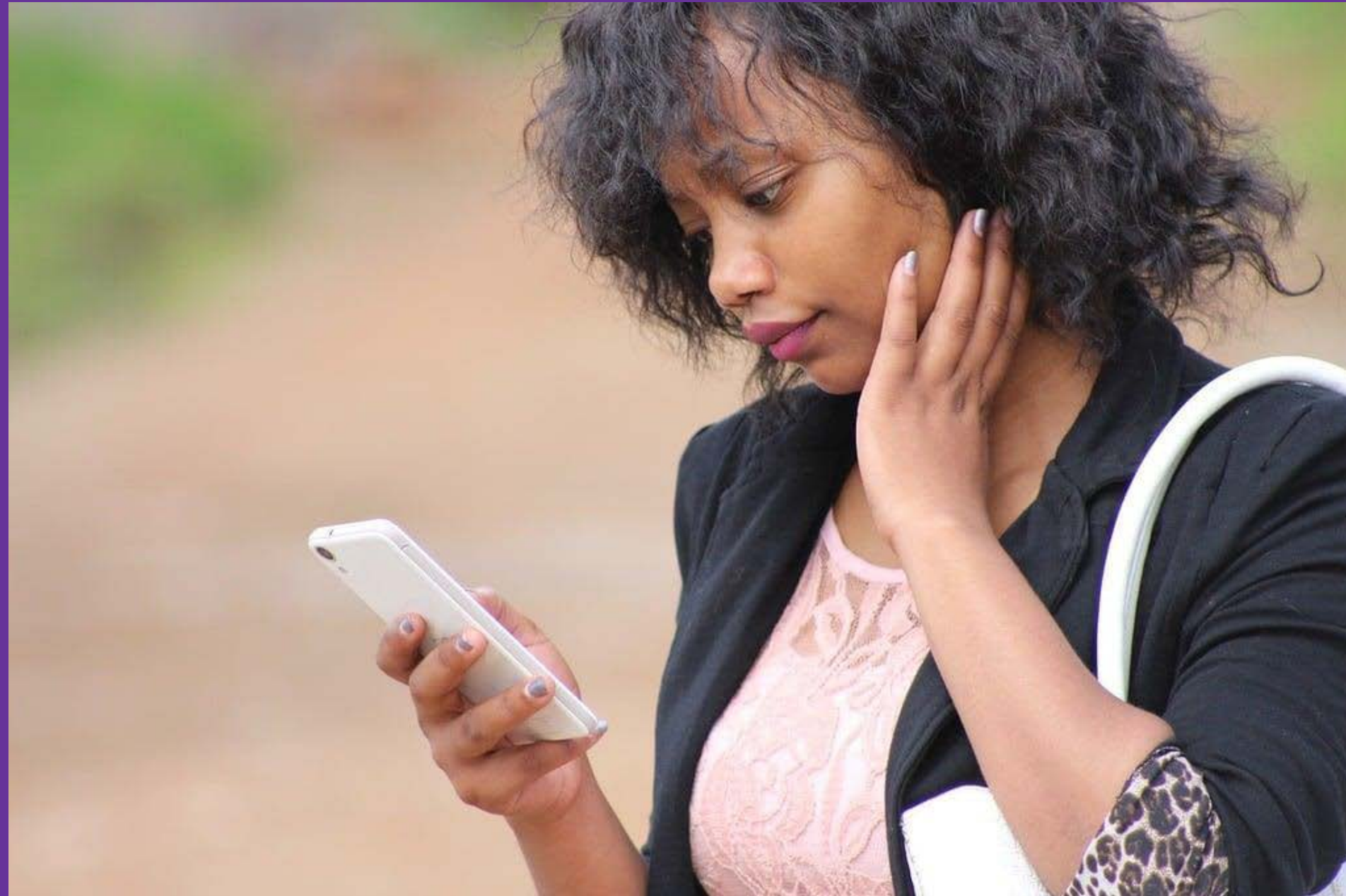




talk to a counsellor: in-person

MOSAIC Stopping the Violence Counselling for Women: 5575 Boundary Road, Vancouver

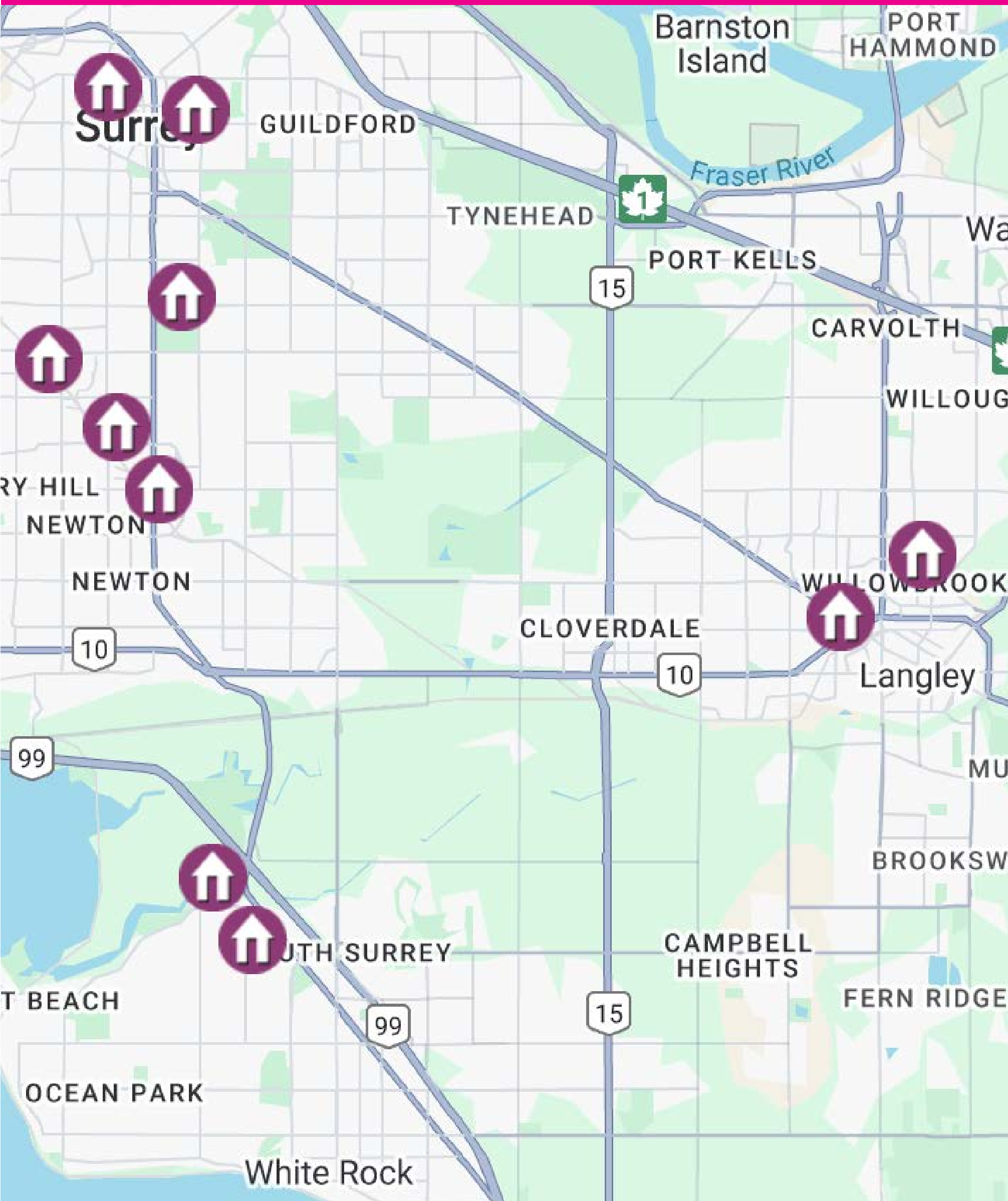
- mosaicbc.org/our-programs/counselling-support-for-victims-of-violence
- Make an appointment:
 - Phone: 236-512-9739
 - Email: stvc@mosaicbc.org
 - Monday-Friday, 9am-5pm



talk to a counsellor: phone

VictimLinkBC

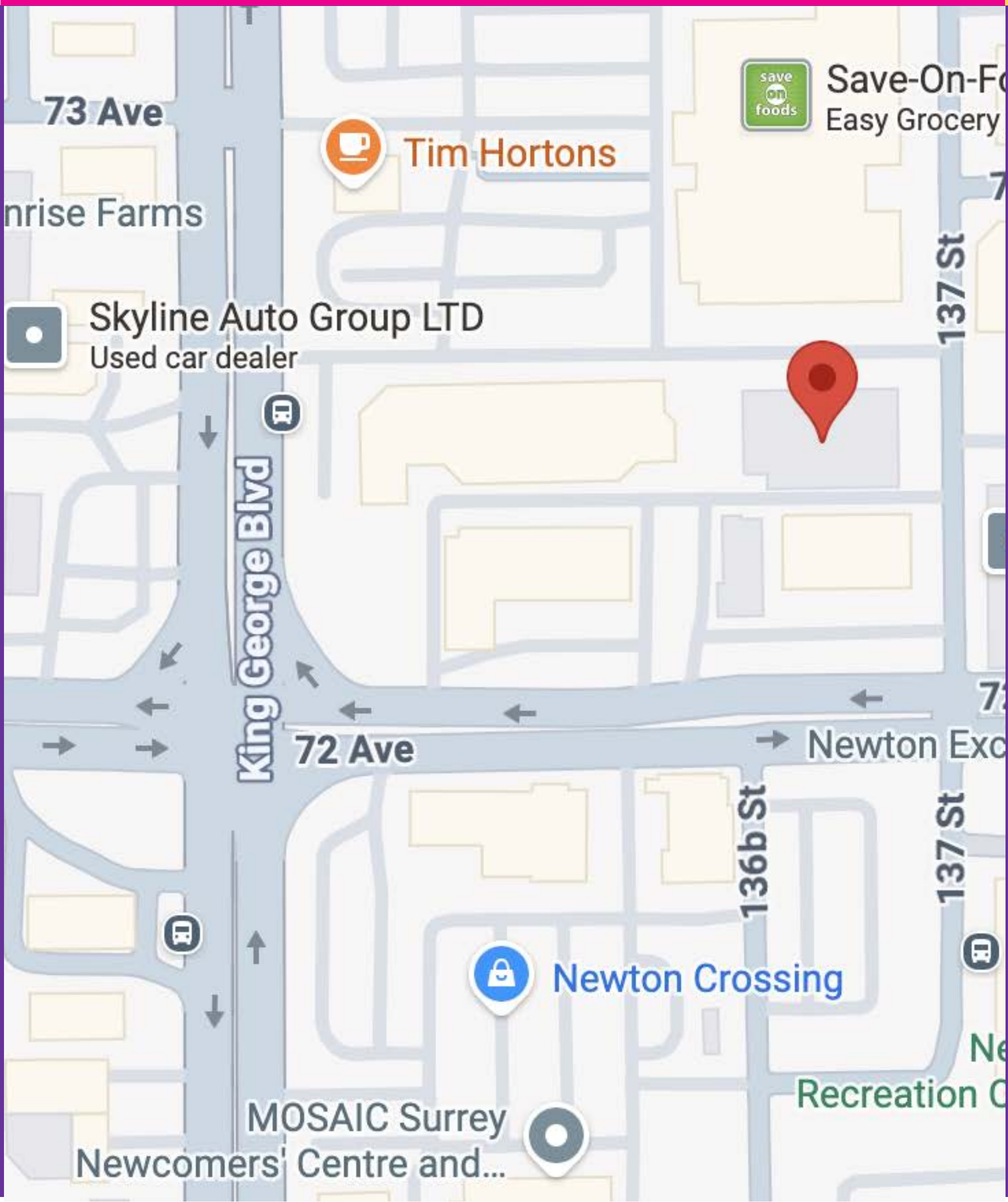
- victimlinkbc.ca
- Call/Text: 1-800-563-0808
- Email: 211-victimlinkbc@uwbc.ca
- Translation available.



go to a shelter

- Go to sheltersafe.ca/british-columbia for shelter locations.
- VictimLinkBC can also help you find a shelter.





tell the police

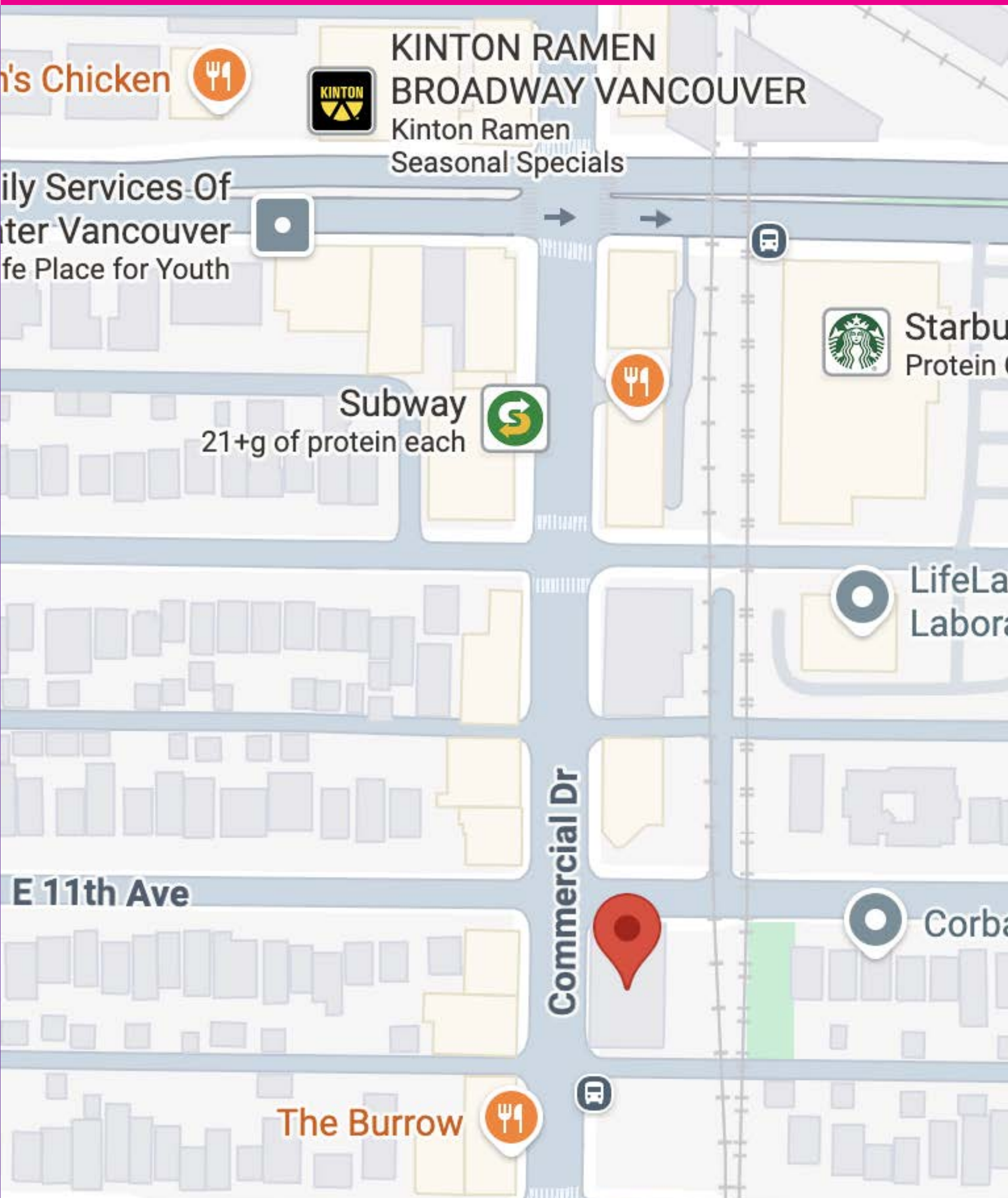
**Surrey Police Service
Newton Community Police Office, 7235
137 Street, Surrey, BC**

- Emergency: 911 + Surrey + Police
- Non-Emergency: 604-599-0502
- Monday to Friday: 9am-5pm



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and Citizenship Canada



get legal help

MOSAIC Legal Advocacy Program 201-2730 Commercial Dr., Vancouver

- mosaicbc.org/our-programs/legal-help-for-immigrants-and-refugees
- Phone: 236-479-7153
- Email: LAP@mosaicbc.org
- Monday-Friday, 9am-5pm

