

Are You and Your Baby Safe?

Does your partner . . .

- yell at you?
- call you names?
- blame you for being pregnant?
- break your things?
- hurt or kill your pets?
- threaten to hurt you?
- always need to be in charge?
- keep you from seeing your friends and family?
- keep you from seeing your doctor or midwife?
- control what or how much you eat?
- control the money?
- threaten to take the kids away?

This is EMOTIONAL abuse.

It can lead to physical abuse.

All kinds of ABUSE can hurt you.

Abuse during pregnancy can cause you to:

- feel sad and alone
- feel anxious
- feel bad about yourself
- have pain and injuries
- turn to alcohol and drugs
- not eat or sleep well
- lose your baby

. . . and cause your baby to:

- be born too small
- be born too early
- be stillborn
- have injuries or infections
- have later health problems
- be abused after birth

Abuse can cause RELATIONSHIP problems between you and baby.

PROTECT yourself and your baby.

What you can do . . .

- get help to leave the abusive relationship
- tell someone you trust what is going on;
 - friends and family
 - your doctor or midwife
 - your prenatal educator
 - a public health nurse
 - a counsellor
 - a shelter for women
- have an emergency escape plan



**Contact Us
Genesis House
Box 389
Winkler, Mb R6W 4A6**

**24-Hour Crisis Line 1-877-977-0007
Local Crisis Line 325-9800**

DOES YOUR PARTNER . . .

- hit or kick you?

- hurt your breasts, belly or between the legs?

- force you to have sex?

**If you said YES to any of the
above questions,**

**you and your baby
may be in DANGER**

Talk to someone
you TRUST.

There is support.

You are not alone.

WHERE TO GET HELP

Police 911 (Where available)
24 hours a day, 7 days a week

Domestic Violence Crisis Line
1-877-977-0007
24 hours a day, 7 days a week

www.shelternet.ca

Shelternet connects women to nearby shelters

Check the front of your phone book for
distress centres in your area

ABUSE usually gets worse over time



Genesis House

Genesis House exists so that
people of South Central Manitoba
will be free from family
and intimate partner abuse achieving
results that justify the relative worth.

We provide a confidential service
which includes a shelter for abused
women and children, residential and
non-residential programs
and prevention through public education.

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Genesis House

**A shelter for abused women
and their children**

**You
and
Your Baby**



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