

POLICY AND PROCEDURE ON SEXUAL VIOLENCE PREVENTION AND RESPONSE

PART A: POLICY

Omicron-Pi Chapter of The Kappa Sigma Fraternity

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2 ACKNOWLEDGEMENTS & PURPOSE

We, as undergraduate members of the Omicron-Pi Chapter of the Kappa Sigma Fraternity, acknowledge that sexual violence is a prevalent and pressing problem that exists within the Greek Community; not only amongst the fraternities and sororities in Ottawa but universally across all campuses and organizations in North America. We are committed to building and maintaining a positive environment where sexual violence will not be tolerated and is treated with the utmost seriousness. We condemn and absolutely do not tolerate any form of sexual violence.

We acknowledge that individuals who are members of equity-seeking groups who experience intersecting forms of disadvantage based on the protected grounds in the Ontario Human Rights Code may be disproportionately affected by sexual violence and its consequences.

We also acknowledge that we have the ability to take actionable steps to help prevent sexual violence within the Ottawa Greek Community. We equally recognize and agree that it is therefore our moral and social responsibility, and our duty as members of the Kappa Sigma Fraternity abiding by the Code of Conduct and Star and Crescent to:

- 1) Work proactively to prevent instances of sexual violence through member education and training, which will position us to combat broader societal attitudes regarding gender, sex and sexuality that normalize sexual violence and undermine equality;
- 2) Develop a standardized method of receiving reports of sexual violence that prioritizes the safety and privacy of survivors of sexual violence;
- 3) Be supportive of, cooperative with, and compassionate towards survivors when responding to disclosures of sexual violence involving members of our organization;
- 4) Align ourselves with a survivor-oriented approach when dealing with any reports of sexual violence that involve members of our organization;
- 5) Foster a safe environment for our members and the Ottawa Greek Community at large by having an unambiguous, accountable, and transparent method of penalizing those who violate this policy; and to
- 6) Make sexual violence support services known and easily accessible for members of our organization and others who may read this Policy.

To this end, the purpose of this Policy is to articulate the Omicron-Pi Chapter's commitment to:

- a) preventing incidents of sexual violence involving any members of our organization,
- b) developing a standardized response to incidents of sexual violence involving any members of our organization based on best practice recommendations, and
- c) working to dismantle Rape Culture within our Chapter and the wider Ottawa Greek Community

...in order to make the Ottawa Greek Community safer for everyone.

3 SUMMARY OF INFORMATION

3.1 Sexual violence has a profound impact on physical & mental health

“As well as causing physical injury, it is associated with an increased risk of a range of sexual and reproductive health problems, with both immediate and long-term consequences. Its impact on mental health can be as serious as its physical impact and may be equally long lasting.”¹

3.2 Prevalence

- Sexual assault is the only violent crime in Canada that is not declining. Since 1999, rates of sexual assault have remained relatively unchanged.²

3.3 Sexual violence is a gendered issue

Certain groups in the population can be identified as being more vulnerable to becoming victims of sexual assault. Gender is the most important factor.

- Females are far more likely to be victims of sexual offences than any other type of violent offence.³
- Sexual assault is a gendered crime; women are victimized at a higher rate (37 incidents per 1,000 women) than men (5 per 1,000 men).⁴
- Women were 10 times more likely than men to be victims of a police-reported sexual assault in 2008.⁵
- Although both men and women experience sexual assault, women accounted for 92% of victims of police-reported sexual assaults in 2008.⁶

3.4 Sexual violence stems from gender inequality

- Like other forms of violence against women, sexual assault is rooted in gender inequality.⁷
- “In our society, gender inequality is present in many areas, including politics, religion, media, cultural norms, and the workplace. Both men and women receive many messages – both overt and covert – that is it natural for men to have more social power than women.”⁸

¹ World Health Organization, “Violence Injury Prevention Global Campaign”, *Chapter 6. Sexual Violence*: 149. https://www.who.int/violence_injury_prevention/violence/global_campaign/en/chap6.pdf

² Criminal Victimization in Canada, Statistics Canada, 2014, page 5. [Available here](#)

³ Ibid.

⁴ Department of Justice, “Bill C-46: Records Applications Post-Mills, A Caselaw Review”, *Statistics on Sexual Assault (cont'd)*, https://www.justice.gc.ca/eng/rp-pr/csj-sjc/ccs-ajc/rr06_vic2/p3_4.html

⁵ Gender Differences in Police-Reported Violent Crime in Canada, 2008, Statistics Canada, page 5. [Available here](#)

⁶ Gender Differences in Police-Reported Violent Crime in Canada, 2008, Statistics Canada, page 10. [Available here](#)

⁷ Understanding and Addressing Violence Against Women: Sexual Violence, World Health Organization. [Available here](#)

⁸ https://canadianwomen.org/the-facts/sexual-assault-harassment/?fbclid=IwAR1vkRTpzWAPDC1xgdCmQQrj50DrZcv_THEHxyObkh6pL0Aqx4Rrz9Vpv0s

3.5 Victims are often young women who know their assailant

- In the vast majority of crimes of sexual assault, the accused is known to the victim (in 80% of sexual offences in 2002). Two fifths of all victims (41%) were assaulted by an acquaintance, 10% by a friend.⁹
- Young people aged 15-24 years are the most affected age group.¹⁰

3.6 Majority of sexual assaults are not reported to police; why is that?

- The majority (83%) of sexual assaults are not reported to police. In fact, only five percent of sexual assaults are reported.¹¹
- The most frequently reported reasons for not reporting sexual abuse were that the survivors thought that they would not be believed, they felt ashamed or embarrassed, they did not know they could report the abuse, and they had no family support.¹²
- Women may be afraid they won't be believed and that the voices of men with status will be believed over theirs. Many fear that speaking up will jeopardize their goals, career or reputation.¹³
 - Moreover, they may be afraid might not speak up about sexual assault or harassment is because the abuser is in a position of authority in their workplace, school, sports team, family, or community.¹⁴

Our culture has become accustomed to blaming victims for abuse rather than the perpetrators. When women internalize victim-blaming, they might experience psychological responses to trauma including:

- Denial: telling themselves that they are overreacting, or the assault wasn't a big deal
- Guilt/Shame: questioning their own actions and behaviour
- Embarrassment: blaming themselves for the abuse or feeling like they didn't do enough to resist it.¹⁵

3.7 Issues with privacy, confidentiality, and seeking assistance

- Privacy and confidentiality issues are critical for victims of sexual assault and they are related to reasons for victims failing to report these crimes to the police.¹⁶
- Often, sexual assault victims avoid calling the police because they considered it a personal matter that did not concern the police, or because they feared publicity.¹⁷

⁹ Ibid.

¹⁰ Ibid.

¹¹ [Ibid.](#)

¹² Ibid.

¹³ Some examples: External Review into Sexual Misconduct and Sexual Harassment in the Canadian Armed Forces, National defense and the Canadian Armed forced, 2015. [Available here](#)

¹⁴ https://canadianwomen.org/the-facts/sexual-assault-harassment/?fbclid=IwAR1vkRTpzWAPDC1xgdCmQQrj50DrZcv_THEHxyObkh6pL0Aqx4Rrz9Vpv0s

¹⁵ Victim Responses, Best Practices for Investigating and Prosecuting Sexual Assault, Alberta Government, p. 113-116. [Available here](#)

¹⁶ Ibid.

¹⁷ Ibid.

- Victims of sexual offences are also less likely to seek assistance.¹⁸

3.8 High risk groups

- Sexual aggression against women is widespread in Canadian society and women may experience multiple incidents of this crime in their lifetimes.¹⁹
- Over half of all women who had reported incidents of sexual assault, reported more than one case of victimization.²⁰
- Women are more likely to be victims of the more serious levels of sexual assault.²¹
- Young females and children are at the highest risk of becoming victims of sexual assault.²²

4 SCOPE

This policy applies to all members, pledges and initiates, undergraduate and alumni, of the Omicron-Pi Chapter of the Kappa Sigma Fraternity with regard to their conduct in the operation of this Chapter and in public as representatives of the Kappa Sigma Fraternity.

5 DEFINITIONS

5.1 Greek Community

The collection of all Greek Letter Organizations; namely college fraternities and sororities. “Greek Life” refers to the activities and relationships between multiple Greek Letter Organizations.

5.2 The Chapter

The Chapter refers to the Omicron-Pi Chapter of the Kappa Sigma Fraternity and the initiated and pledged members therein.

5.3 Chapter Event

A Chapter Event is any event hosted by the Chapter in the name of the Omicron-Pi Chapter of Kappa Sigma, at the Chapter House. Chapter Events hosted at the Chapter House must conclude in any official capacity no later than 1:00am.

5.4 Consent

- 1.1.1 An active, direct, voluntary, unimpaired, and conscious choice and agreement to engage in sexual activity.
- 1.1.2 Consent cannot be given by a person whose judgement is impaired by drugs and/or alcohol or by other forms of impairment. It is not acceptable for a person who is said to have engaged in sexual violence to use their own consumption of alcohol and/or drugs as an excuse for their mistaken belief that there was consent. For further clarity, consent:

¹⁸ Ibid.

¹⁹ Ibid.

²⁰ Ibid.

²¹ Ibid.

²² Ibid.

- Can be revoked at any time during sexual activity;
- Cannot be assumed nor implied;
- Cannot be given by silence or the absence of “no”;
- Cannot be given by an individual whose judgment is impaired by alcohol and/or drugs, is unconscious or asleep;
- Cannot be obtained through coercion or threats;
- Cannot be given if the person who has engaged in sexual violence has abused a position of trust, power or authority; and,
- Might not be given properly if an individual has a condition that limits their verbal or physical means of interaction – in such instances, it is extremely important to determine how consent will be established.

5.5 Rape culture

A culture in which dominant ideas, social practices, media images and societal institutions implicitly or explicitly condone sexual assault by normalizing or trivializing sexual violence and by blaming survivors for their own abuse.

5.6 Disclose

Sharing information pertaining to an incident of sexual violence for the sole purpose of learning about and/or receiving support and services.

5.7 Report

To inform about an incident of sexual violence through the Omicron-Pi Chapter of the Kappa Sigma Fraternity’s formal reporting procedures by filing a report under this Policy.

5.8 Bystander & Active Bystander

“Bystanders are individuals who witness situations requiring action, or emergencies, and by their presence, have the opportunity to provide assistance, do nothing, or contribute to the negative behavior. Active bystanders are those who assume responsibility for intervening in a situation. This can impact the outcome positively and deescalate violence. Research shows that active bystanders are also more likely to calm and deescalate a situation than make it worse.”²³

5.9 Victim Blaming

- ...in reference to Sexual Violence: Victim blaming is a devaluing act that occurs when the victim(s) of sexual violence is held responsible – in whole or in part – for the violence that have been committed against them.
- This blame can appear in the form of negative social responses from legal, medical, and mental health professionals, as well as from the media and friends, immediate family members, and/or other acquaintances.

²³ “What is a Bystander?” <https://carleton.ca/sexual-violence-support/what-is-sexual-assault/information-for-bystanders/>

- Often, the responses toward victims (survivors) are based on the misunderstanding of others. This misunderstanding may lead them to believe that the victim deserved what happened to them, or that they are individuals with low self-esteem who seek out violence. As a result, it can be very difficult for victims (survivors) to cope when they are blamed for what has happened to them.²⁴
- “Only one party is responsible for sexually assaulting or harassing another person: the perpetrator. Holding a survivor accountable for the violence she experiences is called victim-blaming and it is not only unfair, it’s also dangerous. Victim-blaming leads many women to believe abuse is their fault and makes them less likely to come forward and report sexual offenses.”^{25»26}

5.9.1 What are the consequences of victim blaming?

- Victims who receive negative responses and blame tend to experience greater distress and are less likely to report future abuse.²⁷
- Confidantes are less likely to be supportive of a victim’s decision; an authority’s commitment to justly resolve the abuse²⁸

5.10 Survivor of Sexual Violence (Survivor)

While technically a victim of sexual violence, the term “survivor” is widely used instead. This is mainly because the word victim is often perceived to be a negative term, implying that the person who has endured sexual violence is helpless, weak, or vulnerable²⁹ and not able to act on their experience. Survivor, therefore, will be used in this Policy in place of “victim” except when used to describe “Victim Blaming” to be supportive of survivors of sexual violence.

5.11 Sexual Violence

Any sexual act or act targeting an individual’s sexuality, gender identity or gender expression, whether the act is physical or psychological in nature, that is committed, threatened or attempted against an individual without an individual’s consent. Examples include but are not limited to:

5.11.1 Sexual Assault

Any kind of sexual contact without a person’s consent. It can include unwanted kissing, fondling, oral or anal sex, intercourse, other forms of penetration, or any other unwanted contact of a sexual nature.

5.11.2 Sexual Harassment

²⁴ https://crcvc.ca/docs/victim_blaming.pdf

²⁵ Victim Blaming, The Canadian Resource Centre for Victims of Crime, p.6., 2009. [Available here](#)

²⁶ https://canadianwomen.org/the-facts/sexual-assault-harassment/?fbclid=IwAR1vkRTpzWAPDC1xgdCmQQrj50DrZcv_THEHxyObkh6pL0Aqx4Rrz9Vpv0s#

²⁷ https://crcvc.ca/docs/victim_blaming.pdf, p. 6.

²⁸ Ibid.

²⁹ “Judging Victims: Restorative choices for victims of sexual violence”, *Victims of Crime Research Digest No. 10*, Department of Justice. <https://www.justice.gc.ca/eng/rp-pr/cj-jp/victim/rd10-rr10/p3.html>

Unwanted behaviour of a sexual nature, which violates a person's dignity, or creates an intimidating, hostile, degrading, humiliating or offensive environment for them. The following is a list of examples that is not meant to be exhaustive:

- Sexual solicitation or unwanted sexual attention from a person who knows or ought reasonably to know that such attention is unwanted;
- A single comment or conduct may constitute sexual harassment if it is of a serious nature or egregious;
- An implied or expressed promise of reward for complying with a sexually oriented request;
- An implied or expressed threat of reprisal or actual reprisal for refusing to comply with a sexually oriented request;
- A sexual relationship that constitutes an abuse of power in a relationship of authority; or,
- A sexually oriented comment or behavior that may reasonably be perceived to create a negative psychological and emotional environment

5.11.3 Stalking

Engaging in conduct that causes an individual to fear for their physical or psychological safety, such as repeatedly following or communicating through any means with someone, engaging in threatening conduct, or keeping watch over the place where the individual happens to be.

5.11.4 Incident Exposure

Exposing one's body to another individual for a sexual purpose or coercing another individual to remove their clothing in order to expose their body, without their consent.

5.11.5 Voyeurism

Non-consensual viewing, photographing, or otherwise recording another individual in a location where there is an expectation of privacy and where the viewing, photographing or recording is done for a sexual purpose.

5.11.6 Distribution of a Sexually Explicit Photograph or Recording

The distribution of a sexually explicit photograph or recording of an individual to one or more individuals other than the individual in the photograph or recording without the consent of the individual in the photograph or recording.

5.11.7 Stealthing

Non-consensual condom removal during sexual intercourse. Under Canadian law it is not illegal but exposes survivors to physical risks of pregnancy and risk of diseases and infections.

6 SUPPORTING SURVIVORS

Insofar that the Chapter recognizes that false allegations of sexual assault are statistically infrequent and uncommon³⁰, and that when reporting an incident of sexual violence, survivors of sexual assault are likely to feel or think that they will not be believed, or may feel ashamed or embarrassed³¹, for fear that their report will be made public,³² the Chapter acknowledges that survivors may be putting themselves in a vulnerable position by disclosing and/or reporting incidents of sexual violence. The Chapter therefore commits to taking a survivor-oriented approach to addressing all disclosures/reports of sexual violence. The Chapter also commits to prioritizing the needs of survivors to protect their safety and privacy.

If a survivor chooses to formally report an incident of sexual violence to the Chapter, it is entirely up to the survivor what action they prefer to take if they have been harmed or otherwise affected by a member of the Chapter. The survivor will not be persuaded or coerced to report an incident of sexual violence to the police, Carleton University Equity Services, or any other external body if they choose not to. However, the Chapter will also fully cooperate and be supportive if the survivor chooses to do so.

The Chapter and the members thereof will commit to believing survivors if and when a survivor discloses an incident of sexual violence.

What to do if someone discloses that they have been sexually assaulted or harassed:

- If they are in immediate danger, or need medical attention call 911.
- Ensure they are in a safe, comfortable space away from the perpetrator. This is still important even if they have been assaulted weeks, even months before they disclose to you.
- Allow them to talk about what they are comfortable sharing, and do not pressure them for more details. Silence is ok, give them time to process their thoughts.
- Affirm to them that this is not their fault, and that their actions did not cause this.
- Actively support their decision to report or not report. It is their right to choose.
- Provide information, not advice, avoid statements that say, “you should...”, and instead ask questions like “Is there anything I can do to help?” You can refer to the next part of this Policy for available resources in Ottawa, Ontario.
- Take care of yourself; helping someone through a traumatic experience can weigh on you too.

7 PREVENTION, EDUCATION, AND AWARENESS

7.1 Sexual Violence Education Chairman

³⁰ “SUPPORTING A SURVIVOR OF SEXUAL VIOLENCE,” The University of Glasgow.
<https://www.gla.ac.uk/myglasgow/students/safetyhealth/supportingasurvivor/#resourcesandsupport>

³¹ Department of Justice, “Bill C-46: Records Applications Post-Mills, A Caselaw Review”, *Statistics on Sexual Assault (cont'd)*, https://www.justice.gc.ca/eng/rp-pr/csj-sjc/ccs-ajc/rr06_vic2/p3_4.html

³² Ibid.

The Executive Committee of the Chapter commits to appointing at least one (1) chairman whose role will be to plan and organize an annual sexual violence prevention training and/or educational seminar. This chairman will report to the Grand Procurator. The Executive Committee may choose to appoint a standalone chairman to assume this responsibility or combine the responsibility of this chairman with another chairman.

- If choosing to combine this responsibility with another chairman, this responsibility must be explicitly and clearly explained to this chairman and to the rest of the Chapter.

7.2 Annual Training & Education Seminar

The Chapter commits to scheduling a minimum of one mandatory annual sexual violence prevention training and/or educational seminar. All Chapter undergraduate Initiates and Pledges will be required to attend this seminar. In the event that an undergraduate Initiate or Pledge is unable to attend the seminar despite reasonable effort, that undergraduate Initiate or Pledge will be responsible for:

1. Seeking education and/or training on sexual violence on their own, and
2. Providing sufficient proof of attendance and participation in said education and/or training to the Executive Committee.
 - i) It is the Grand Procurator's responsibility to keep record of this proof.

7.3 Executive Committee Officers' Commitment to Ongoing Education

In addition to receiving sexual violence prevention training & education annual through the aforementioned seminar, and upon election to their office, the Grand Master, Grand Procurator, Grand Master of Ceremonies will commit to seeking out and receiving ongoing education and training about sexual violence including information on how to respond to the disclosure of sexual violence before the start of the start of the academic year for which they will in office.

The Grand Master, Grand Procurator, and Grand Master of Ceremonies will therefore commit to setting an example of leadership for the Chapter to champion its initiative to combat sexual violence within the Greek Community and offer themselves as public delegates to be available to receive disclosures of sexual violence on behalf of the Chapter.

8 PUBLISHING THIS POLICY

Upon adoption of this Policy, it will be made easily accessible to the public in a PDF file available for download on the www.kappasigmacu.org (www.kappasigmacarleton.com) website. The Chapter will publish this Policy on its social media channels, and share it with the executive officers of all other Greek Letter Organizations in Ottawa.

9 REVIEW OF POLICY

The Chapter will commit to assigning a committee responsible for the ongoing review of this Policy. This Policy should be reviewed at least once per year to maintain active.

9.1 Members Responsible

The following Chapter members should be responsible for the continual review of this policy:

- District Grand Master
- Alumnus Advisor
- Grand Master
- Grand Procurator
- Grand Scribe
- Sexual Violence Prevention Chairman (or equivalent)

9.2 Review by Carleton University's Sexual Assault Support Services and/or the Department of Equity and Inclusive Communities

At least once per year, the Members Responsible will commit to seek to advice and support from Carleton University's Sexual Assault Support Services and/or the Department of Equity and Inclusive Communities to help review and update this policy.

9.2.1 Department Details

Department: Equity and Inclusive Communities

Email: equity@carleton.ca

Phone: 613-520-5622

Website: <https://carleton.ca/equity/>

10 FOR MORE INFORMATION

10.1 More Stats on Sexual Violence

Find more at: <https://canadianwomen.org/the-facts/sexual-assault-harassment/>

10.2 Videos on Supporting Survivors

<https://youtu.be/UgSl1G712so>

https://youtu.be/EqivejD_OiM

11 SURVIVORS SUPPORT SERVICES & RESOURCES

Disclaimer: this list was made primarily with members of the Ottawa community in mind.

Therefore, some resources may only support those who live near the Ottawa area. For services elsewhere in Ontario, please call 211 or visit www.211ontario.ca. Additionally, this list does not contain all possible resources, if you would like to add resources to this list, please request to edit.

Please note: if you or someone you know is in immediate danger, call 911.

If you or someone you know requires immediate support other than police intervention or EMS please call one of the 24-hour hotlines listed below.

On behalf of the Omicron-Pi Chapter of Kappa Sigma, thank you so much to those who have created, compiled, and contributed to this list of resources.

11.1 Hotlines

11.1.1 Carleton Sexual Assault Peer Support Line

613-620-1030

11.1.2 Violence Against Women Crisis 24/7 Line

613-745-4818

11.1.3 Assaulted Women's Helpline

<https://www.awhl.org/>

1-866-863-0511 (TTY: 1-866-863-7868)

11.1.4 Ottawa Rape Crisis Centre (ORCC)

Phone: 613-562-2333

Office Telephone Line: 613-562-2334

11.1.5 Ottawa 24-hour Information and Help

24-hour line: (613) 745-4818

11.1.6 Ottawa Distress Centre

<https://www.dcottawa.on.ca/>

24-hour line: (613) 238-3311

11.1.7 Sexual Assault Support Centre

<https://sascottawa.com/default.aspx>

24-hour line: (613) 234-2266

TTY (613) 725-1657

11.1.8 The Sexual Assault Support Centre of Ottawa

Phone: 613-725-2160

11.1.9 Fem'aide Crisis Line

<https://femaide.ca/>

24-hour line: 1(877) 336-2433

ATS 1(866) 860-7082

11.1.10 CALACS Francophone d'Ottawa

<http://www.calacs.ca/>

(613)-789-9117

Francophone Sexual Assault Program (613) 233-8478 TTY (613) 233-1866

11.2 Police services

Emergency: call 911

11.2.1 Sexual Assault and Child Abuse Unit

<https://www.ottawapolice.ca/en/about-us/Sexual-Assault-and-Child-Abuse.aspx>

(613)-236-1222 ext 5944

11.2.2 Victim Crisis Unit

<https://www.ottawapolice.ca/en/about-us/Victim-Crisis-Unit.aspx>

(613)-236-1222 ext 5822

11.2.3 Partner Assault Unit

<https://www.ottawapolice.ca/en/about-us/Partner-Assault.aspx>

(613) 236-1222 ext 5407

11.3 Medical Aid

11.3.1 Adults: Ottawa Hospital Civic Campus

24-hour Line: (613) 761-4366

TTY (613) 761-4140

11.3.2 Children and Youth: Children's Hospital of Eastern Ontario

Within 72 hours of assault – 24-hour line: (613) 737-2328

Over 72 hours after assault – 24-hour line: (613) 737-7600

11.3.3 Lanark County Sexual Assault and Domestic Violence

24-hour Line (613) 283-2330 ext 1258

11.4 Support groups

11.4.1 Ottawa Coalition to End Violence Against Women

Ottawa Support Group Directory:

https://static1.squarespace.com/static/5ca962d57fdb87536680538/t/5e768099e08d1b666de91393/1584824474871/octevaw_cocvff_support_groups_for_women_groupes_de_soutien_pour_les_femmes_2013.pdf

11.4.2 The Sexual Assault Support Center of Ottawa - Support Groups

<https://sascottawa.com/support-groups/>

11.5 Counselling

[The Sexual Assault Support Center of Ottawa](#)

[Centre For Treatment Of Sexual Abuse And Childhood Trauma](#)

11.5.1 Family Services À La Famille Ottawa

11.5.2 Immigrant Women Services Ottawa

11.5.3 Minwaashin Lodge-Aboriginal Women's Support Centre

11.5.4 Ottawa Hospital Civic Campus - Sexual Assault and Partner Abuse Care Program

11.5.5 Ottawa Rape Crisis Centre

11.5.6 Pinecrest-Queensway Community Health Centre

11.5.7 Sexual Assault Support Centre

11.5.8 Somerset West Community Health Centre

11.5.9 The Wabano Centre For Aboriginal Health

11.5.10 Young Women's Emergency Shelter

11.5.11 Your Local Community Health Centre

11.6 School-Based Resources

[Carleton Students](#)
[U Ottawa Students](#)
[Algonquin Students](#)

11.7 Accompaniment

If you are a survivor of sexual or relationship abuse and require accompaniment to retrieve property/items from an unsafe environment, or would like emotionally supportive accompaniment for appointments (medical, legal etc.)

11.7.1 Ottawa Rape Crisis Center

(613) 562-2334

11.7.2 Ottawa Victim Services

<https://ovs-svo.com/>

11.7.3 The Sexual Assault Support Center Of Ottawa - Accompaniment

<https://sascottawa.com/accompaniment-advocacy/>

11.8 Shelters

11.8.1 Chrysalis House

(613) 591-5901
TTY (613) 591-8912

11.8.2 Interval House

(613) 234-5181
TTY (613) 234-5393

11.8.3 La Présence

(613) 241-8297

11.8.4 Lanark County Interval House

1(800) 267-7946
(613) 257-5960
TTY (613) 257-1952

11.8.5 Maison d'Amitié

(613) 747-0020
(613) 744-7789

11.8.6 Nelson House

(613) 225-3129
TTY (613) 225-4653

11.8.7 Oshki Kizis Lodge (for Aboriginal women)

(613) 789-1141

11.8.8 Harmony House (daytime only)

(613) 233-3386

11.8.9 Evelyn Horne Emergency & Transitional Housing Program for Young Women

(613) 789-8220

11.8.10 Minwaashin Lodge

613-741-5590

Minwaashin Lodge provides a range of programs and services to First Nations, Inuit and Métis women and children (regardless of status) who are survivors of domestic and other forms of violence, and who may also be suffering the effects of the residential school system. All programs and services are provided in the context of cultural beliefs and values to ensure a holistic approach is used as part of the healing journey

11.8.11 SafePet Ottawa

Fosters pets for women while staying at a shelter

11.9 Legal Support

11.9.1 Community Legal Education Ontario (CLEO)

Email: info@cleo.on.ca

11.9.2 METRAC Action against violence

Toll-free: 1-877-558-5570

Email: info@metrac.org

11.9.2.1 Independent Legal Advice:

If you are a survivor of sexual assault living in the city of Toronto, the city of Ottawa, and the district of Thunder Bay, you may be eligible to receive up to four hours of free legal advice to help you make informed decisions about your next steps. This service is confidential and is available to you at any time after the sexual assault has occurred.

