

You are not alone. Support is available.

If you've felt scared, controlled, isolated or confused, it's okay to ask for help. Abuse can take many forms, such as controlling finances, belittling your thoughts and feelings, blaming and making threats.

You deserve to feel safe, respected and supported.



MCC BC offers women's support groups in British Columbia.

- Find understanding, safety and empowerment.
- Connect with other women who have experienced similar struggles.
- Gain tools to move forward and rebuild your life.

Contact MCC BC End Abuse to join a women's support group or get more information.

Fraser Valley, BC



endabuse@mccbc.ca



778-769-0201 (Direct Line)

604-850-6639 (Abbotsford Office)

Prince George, BC



endabuse-pg@mccbc.ca



250-961-3235 (Direct Line)



Confidential, caring support. No judgment. No pressure. Just a safe space.