

Slide 1



19-0513

HISTORIC EVENTS TIMELINE

The timeline below shows just a few of the many historic and recent events that have had profound and long-term effects on Indigenous nations, communities, families, and individuals.

European Contact-

1850 First treaties signed with the Crown

1876 The Indian Act is passed, essentially extinguishing any remaining self-government for natives and making them wards of the federal government.

1870s The first residential schools open. Their painful legacy is still felt today

1885 The Indian Act to amend, to prohibit traditional Indigenous culture practices.

1951 Major changes to the Indian Act to remove a number of discriminatory rules, including a ban on native consumption of alcohol, although it is only allowed on reserves.

1960 First Nation people are given the right to vote in federal election without losing their status.

1960s Dramatic increase in the number of Indigenous children taken from their families by child welfare agencies. This period is referred to as the Sixties Scoop.

1985 The federal government passed Bill C-31 which changes the Indian Act to extend formal Indian status to Indigenous women who had previously lost their status by marrying a non-Indigenous or non-status Indian.

1990 The Oka Crisis was a land dispute between a group of Mohawk people and the town of Oka, Québec. It began on July 11, 1990 and lasted until September 26, 1990.

1996 The Royal Commission on Aboriginal Peoples (RCAP) issued a five-volume, 4,000 page report that covered a vast range of issues. Its 440

recommendations called for sweeping changes to the relationship between Indigenous and non-Indigenous governments in Canada.

2008 Prime Minister Stephen Harper makes a public statement of apology on behalf of the federal government for the residential schooling policies. In the same year, the Truth and Reconciliation Commission was established.

2010 Bill C-3 is passed, amending the Indian Act to ensure that grandchildren of Indigenous women would have status, an attempt to eliminate gender inequality.

2015 The final report on the Truth and Reconciliation Commission is released, including 94 Calls to Action to address the legacy of residential schools and advance the process of Canadian reconciliation.

2015 Prime Minister Justin Trudeau announces a National Inquiry into Missing and Murdered Indigenous Women and Girls.

WHY DO WOMEN STAY?

We love them, but don't love their behaviour.

We doubt our ability to start a new life, find a new home, and raise our children by ourselves.

We are afraid that they will harm or kill us, our children, other family members, or themselves if we leave.

We feel guilty about "breaking up the family" or we feel guilty because they can be kind sometimes.

We worry about leaving our community or our culture behind.

We believe their promises and apologies.

We hope that they will change and start treating us well.

We don't have enough money to support ourselves and our children.

We worry that we won't find another person who will want to be with us.

We feel like we don't deserve to be treated better.

We believe that children need both parents in their lives, even if one of them is violent.

We believe that we should "make it work" and stay committed to a relationship, even if it's abusive.

THE DYNAMIC OF AN ABUSIVE RELATIONSHIP





WHAT CAN WE DO OR SAY?

The hardest part about talking to a friend or family member or co-worker who is a victim of domestic violence is getting started. You can help a woman by keeping her story confidential. While you might feel that it would be helpful to tell others about her situation, telling others can in fact put her and her children in serious danger. Additionally, while you may want to tell her to leave, leaving is often the most dangerous time in an abusive relationship. Consult your local sexual and domestic violence program for additional information on safety planning.

When she tells her story, listen attentively. Don't blame her for the abuse. Don't interrupt. Don't let your facial expression or body language convey doubt or judgment of what she is saying. Your support and belief in her may be critical in her safety and healing.

Remember: If she refuses to talk to you, she has her reasons. Express your concern for her anyway. Tell her that emotional, physical, and sexual abuse are wrong and that she deserves to be safe. Assure her that you will be ready to talk or help, if she asks.

HOW TO START THE CONVERSATION

Seek out a private, quiet place to begin talking. Allow plenty of time to talk at length. You may be the first person that she has told about the abuse. Any of the following questions might help get the conversation started.

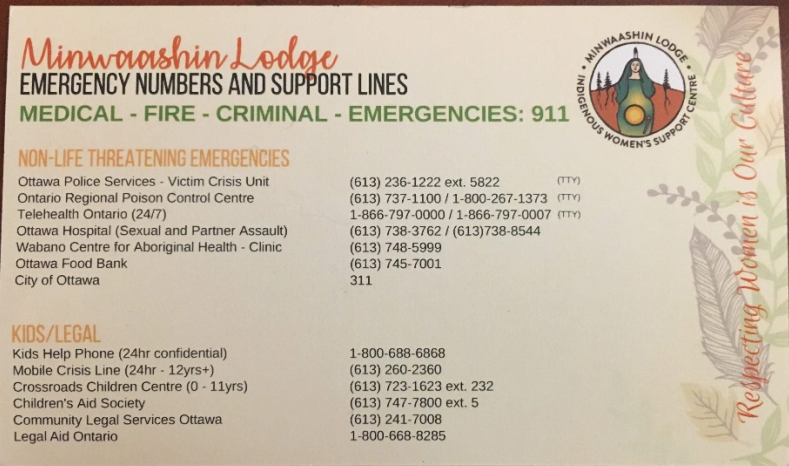
- You seem so unhappy. Do you want to talk about it? I'd like to listen and I'll keep it between us.
- I couldn't help but hear your argument last night, and I was worried about you. Are you okay? Were you hurt?
- What is it like at home for you?
- What happens when you and your partner disagree or argue?
- How does your partner handle things when he doesn't get his way?
- Are you ever scared of your partner? Does he threaten you?
- Does your partner ever follow you? Do you have to account to him for your time?
- Does your partner ever prevent you from doing things you want to do?
- Is your partner jealous, hard to please, irritable, demanding, or critical?
- Does your partner ever push you around or hit you?

- Does your partner ever put you down, call you names, yell at you, or punish you in any way?
- Does your partner ever make you have sex? Does he ever make you do sexual things that you don't like?

WHAT DO YOU DO NEXT?

Support

- Believe her.
- Acknowledge the courage she showed in talking to you. She has taken a risk in confiding in you.
- Let her know that you consider her feelings of fear, confusion, anger, sadness, guilt, numbness, helplessness, or hopelessness are reasonable and normal.
- Avoid treating her like a child or helpless victim.
- Respect her pace and be patient.
- Support the decisions she make for herself.
- Help her make plans, but let her make the decisions.



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EMERGENCY NUMBERS AND SUPPORT LINES
MEDICAL - FIRE - CRIMINAL - EMERGENCIES: 911

NON-LIFE THREATENING EMERGENCIES

Ottawa Police Services - Victim Crisis Unit	(613) 236-1222 ext. 5822 (TTY)
Ontario Regional Poison Control Centre	(613) 737-1100 / 1-800-267-1373 (TTY)
Telehealth Ontario (24/7)	1-866-797-0000 / 1-866-797-0007 (TTY)
Ottawa Hospital (Sexual and Partner Assault)	(613) 738-3762 / (613)738-8544
Wabano Centre for Aboriginal Health - Clinic	(613) 748-5999
Ottawa Food Bank	(613) 745-7001
City of Ottawa	311

KIDS/LEGAL

Kids Help Phone (24hr confidential)	1-800-688-6868
Mobile Crisis Line (24hr - 12yrs+)	(613) 260-2360
Crossroads Children Centre (0 - 11yrs)	(613) 723-1623 ext. 232
Children's Aid Society	(613) 747-7800 ext. 5
Community Legal Services Ottawa	(613) 241-7008
Legal Aid Ontario	1-800-668-8285

INDIGENOUS WOMEN'S SUPPORT CENTRE
MINWAASHIN LODGE

Respecting Women is Our Culture



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EMERGENCY NUMBERS AND SUPPORT LINES

VIOLENCE AGAINST WOMEN

Oshki Kizis Lodge, Crisis Line	(613) 789-1141
CALACS Francophone d'Ottawa	(613) 789-9117
Family Forward (Shelter)	(613) 722-9495
Nelson House (Shelter)	(613) 225-3129
Maison d'Amitie (Shelter)	(613) 747-0020
Interval House (Shelter)	(613) 234-5181 / (613) 234-5393 (TDD)
Ottawa Rape Crisis Centre	(613) 562-2333 / (613) 562-3220 (TTY)
Sexual Assault Support Centre	(613) 234-2266 / (613) 725-1657 (TTY)
Assaulted Women's Hotline	1-800-863-0511 / 1-866-799-7868 (TTY)

CRISIS HOTLINES

Distress Centre of Ottawa & Region	(613) 238-3311
Tel-Aide Outaouais	(613) 741-6433
Aboriginal Suicide Prevention Lifeline	1-800-273-8255 / 1-800-799-4889
Mental Health Crisis Service	(613) 722-6914 / 1-800-996-0991 (TTY)
Talk4Healing	1-855-554-HEAL (4325)

DON'T KNOW WHERE TO START? START WITH US
 Minwaashin Lodge - Indigenous Women's Support Centre
 1155 Lola Street - Suite 100 - K1K 4C1 - (613) 741 - 5590 - www.minlodge.com

INDIGENOUS WOMEN'S SUPPORT CENTRE
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THE EQUALITY WHEEL

