



Luke's Place
Change her experience. Change their lives.

Support & Resource Centre for Women & Children

Community Resource Toolkit

December 2025



A project funded by the Region of Durham through the Community Safety and Well-Being Fund.

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Community Resource Toolkit

This toolkit is for friends, family, and neighbours who want to help someone subjected to intimate partner violence (IPV). You don't need to be an expert, just someone who cares.

Inside you will find:

- What to do if someone is in danger
- How to listen and support someone safely
- Where to find help for legal issues and safety planning tools

These resources have been created by Luke's Place and other trusted violence against women (VAW) organizations across Ontario. Use what works best for your situation.

Each resource includes a short description and a direct link. *Please note that this list is not exhaustive.*

What's In This Toolkit

1. Understanding Intimate Partner Violence and How to Support a Survivor

Resources to help you recognize IPV, understand how it affects people, and learn safe, supportive ways that you can help.

2. Helping A Survivor Navigate the Family Law System

Resources that explain family law, family court, and how you can support someone going through the process.

3. Safety Planning and Emergency Preparedness

Tools, checklists, and planning guides that help survivors and the people supporting them prepare for emergencies and stay safer.

Webinar Series

This toolkit is connected to our three-part webinar series on:

- What IPV looks like
- Intimate Partner Violence and Family Court
- Being an Ally: Community Resources for Supporting Survivors

If You Think Someone Is in Danger

Community members may spot warning signs that someone they know is being subjected to abuse, or someone they know is acting abusively. These warning signs can vary, but some of the warning signs that someone is being subjected to abuse include:

- They are apologetic and make excuses for their partner's behaviour or they become defensive when others bring up their partner's behaviour
- They are nervous talking when their partner is around
- They seem to be sick more often and miss work
- They try to cover up bruises or physical injuries
- They make excuses at the last minute about why they can't meet you or other friends or family members
- They seem sad, lonely, withdrawn, and afraid

These warning signs and more are set out in more detail in a helpful resource by the Centre for Research & Education on Violence Against Women and Children's [Neighbours, Friends and Families](#). This resource also provides helpful information on how to respond when you identify warning signs.

As a member of the community, when you spot a warning sign for violence, you may have a responsibility to act. **Your response can make a difference.** You can help in a safe and supportive way without putting the survivor at more risk.

The resources in this toolkit are designed to provide you with more information about how you can support and give you a set of tools you can share with someone you suspect is being harmed.

In Ontario, here's who you can call or the support the survivor can call if you suspect someone is in danger:

If it is an emergency (violence happening, threats, weapons, children at risk):

- **Call 911**

If the situation is high-risk but not an immediate emergency:

- **Assaulted Women's Helpline (24/7):** 1-866-863-0511 | TTY 1-866-863-7868 | #SAFE (#7233)
- **Fem'aide (French-language):** 1-877-336-2433
- **Talk4Healing (Indigenous-specific):** 1-855-554-HEAL (4325)

To help someone find safe shelter or immediate support:

- **Sheltersafe.ca** - Find the nearest women's shelter

Resources: Understanding IPV & Supporting a Survivor

Neighbours, Friends, and Families: How to Help Someone Experiencing IPV

Helps you recognize IPV, spot warning signs, start safe conversations, and connect someone to supports.

Created by: The Centre for Research & Education on Violence Against Women and Children (CREVAWC)

7 Ways to Support a Friend or Family Member Experiencing Gender-Based Violence

Outlines simple steps for support: listen, believe them, be patient, stay in touch, and share helpful resources.

Created by: Safe Speaks

Stay With Them

Insights from 80+ survivors on what support helped them most: believing, listening without judgment, respecting their pace, and staying connected.

Created by: CREVAWC

How to Help Someone Living with Violence

Practical tips for safe conversations, showing care, respecting their choices, and protecting your own safety.

Created by: Canadian Women's Foundation.

Understanding Family Violence

Explains the different types of abuse and how to seek help or safety.

Created by: CREVAWC

Family Court and Beyond: A Survival Workbook

Provides information about IPV and the different forms abuse can take, including an abuse checklist to help identify violence.

Created by: Luke's Place

Technology-Facilitated GBV

Explains online/tech-based abuse (harassment, stalking, image sharing) and how to stay safer online.

Created by: CREVAWC

Abused and Brain Injured Toolkit

Shares information about traumatic brain injury caused by abuse and how to support someone experiencing its effects.

Created by: ABI Research Lab

Supporting Survivors of IPV in the Workplace

Provides information about how IPV can affect work and how to support survivors with safety, rights, and trauma-informed approaches.

Created by: CREVAWC

Supporting IPV in 2SLGBTQIA+ Communities

Offers guidance on the unique forms of abuse queer and trans survivors may face and how to support them safely and affirmingly.

Created by: CREVAWC

Understanding IPV in 2SLGBTQIA+ Communities

Explains the risks, barriers, and specific challenges faced by queer and trans survivors, along with tools and downloadable resources.

Created by: CREVAWC

IPV Against Immigrant and Refugee Women

Describes added barriers related to immigration, racism, and language, and provides guidance on how to offer culturally appropriate support.

Created by: CREVAWC

You are Not Alone: a toolkit for Aboriginal women escaping domestic violence

Provides comprehensive information about the forms of IPV, how to identify it and practical strategies for safety planning and how to take care of yourself after you leave the relationship.

Created by: Native Women's Association of Canada

Domestic Violence Risk Assessment, Risk Management and Safety Planning with Indigenous Populations

Provides information on gender-based violence against Indigenous women and girls and the barriers they face in accessing services.

Created by: Canadian Domestic Homicide Prevention Initiative

Rural Roots: Seeing, Naming, and Changing Intimate Partner Violence in Rural Communities

Describes the added risks in rural communities and how to recognize and respond to IPV using the "See it, Name it, Check it" model.

Created by: CREVAWC

GBV in Rural, Remote & Northern Communities

Provides information about the barriers experienced by GBV survivors in rural, remote and northern communities, and how to offer practical, community-based help.

Created by: CREVAWC

Supporting Survivors with Animals

Offers guidance on helping survivors who also need support for their pets or animals.

Created by: CREVAWC

GBV and Animal Abuse

Provides written resources and online learning modules about GBV and animal abuse.

Created by: Humane Canada

Resources: Helping a Survivor Navigate the Family Law System

Family Court and Beyond: A Survival Workbook

Provides a practical guide for survivors leaving abusive partners, with worksheets and legal information. Helpful for allies who want to understand the process and offer support.

Created by: Luke's Place

Supporting After Separation

Provides information for family and friends supporting a woman with children after leaving an abusive partner, with specific strategies for how they can support her through the family court process.

Created by: Luke's Place

An Introduction to Family Law in Ontario

Provides basic legal information about separation, divorce, parenting, support, and property.

Created by: Community Legal Education Ontario (CLEO)

Do you know a Woman Who is Being Abused?

Provides legal information on safety, criminal and family law, immigration issues, and available support services.

Created by: CLEO

Steps in a Family Law Case

Provides flowcharts that explain the family law process in Ontario.

Created by: Steps to Justice by CLEO

The Misuse of Parental Alienation in Family Court Proceedings With Allegations of IPV (Part 1)

Explains how 'parental alienation' claims in family court can hide real safety concerns in cases where there has been IPV and how supporters can help survivors document and navigate these issues.

Created by: CREVAWC

The Misuse of Parental Alienation in Family Court Proceedings With Allegations of IPV (Part 2)

Explains how 'parental alienation' claims in family court can hide real safety concerns in cases where there has been IPV and how supporters can help survivors document and navigate these issues.

Created by: CREVAWC

Tech Safety Canada

Provides several tools to help a survivor protect against tech-based abuse.

Created by: Women's Shelters Canada

Tech Safety Toolkit

Provides information on recognizing tech abuse, protecting digital privacy, tech safety strategies, addressing tech safety in family court, and tips for gathering evidence. Updated December 2025.

Created by: Luke's Place

Keep Safe Online and on Your Phone

Provides information on how to protect yourself from tech abuse on your mobile phone.

Created by: Luke's Place

Family Court Operations Guide

Provides detailed and practical information about family court processes.

Created by: Luke's Place

The Law and Parenting Arrangements After Separation

Explains how decisions about children are made and helps guide a survivor through the creation of a parenting plan.

Created by: Luke's Place

Family Law Education for Women

Includes written resources and webinars for women who are involved in the family law process.

Created by: Family Law Education for Women

Family Law Guided Pathways

Offers online interactive tools to complete common family law court forms.

Created by: CLEO

Family Law Webinars

Provides webinars on various topics for community workers on family law issues.

Created by: CLEO Connect

Find a Family Court Support Worker

Provides a list of where you can find Family Court Support Workers in communities across Ontario.

Created by: The Government of Ontario.

Family Law Information Centres

Provides information about the services and resources offered at Family Law Information Centres across the province and assists in finding a location near you.

Created by: The Government of Ontario

Legal Aid Ontario

Provides information on the legal assistance that Legal Aid can offer low-income people in Ontario. It explains what services are available, who qualifies, and how to get support.

Created by: Legal Aid Ontario

Resources: Safety Planning and Emergency Preparedness

Crisis Support in Durham Region

Provides information for local Durham-based organizations and services that can support in situations of crisis.

Created by: Violence Prevention Coordinating Council of Durham Region

My Safety Plan

Helps survivors think through risks and prepare for emergencies. Supporters can help create or hold a copy.

Created by: Steps to Justice by CLEO

Crisis Services and Safety Planning Resources

Provides information on organizations that provide crisis services and safety planning.

Created by: Woman ACT

How To Plan for Safety If You Are in an Abusive Relationship

Details a five-step plan for making a safety plan.

Created by: The Government of Canada

Checklist: What to Take When Leaving

A list of important documents, valuables, and necessities to prepare when leaving an abusive situation.

Created by: CREVAWC

Family Court and Beyond – Keep Safe

Tips for creating a safety plan, including a checklist for leaving home safely and a webinar on safety planning for before, during and after separation.

Created by: Luke's Place

Creating a Safety Plan Booklet

Covers emergency escape steps, home and digital security, children's safety, and building a support network.

Created by: Peel Committee Against Woman Abuse

Safety Plan and Checklist

Provides an infographic with tips on things to think about when creating a safety plan.

Created by: The Women's Centre Grey Bruce.

Safety Planning

Provides a practical guide to safety planning for people in rural or small communities, including how to address unique risks like isolation, weapons, and privacy concerns.

Created by: METRAC

Creating Safety Plans with Vulnerable Populations to Reduce the Risk of Repeated Violence and Domestic Homicide

Provides practical strategies on how to create a safety plan with vulnerable populations, including Indigenous women, immigrant and refugee women, and women in rural and remote communities.

Created by: Canadian Domestic Homicide Prevention Initiative

Durham Region Community Safety and Information Hub

Find Durham Region's first CSWB Plan and resources to help connect people with the right services at the right time.

Created by: The Region of Durham