



Inspiring Change

Support services are offered to women who are at risk of or have been abused by their partners or spouses.

Women living in the Mountain View County will be able to access group work as well as special events, workshops and seminars related to women's life circumstances.

For support including safety planning, resources and referrals, please **call Inspiring Change at 403.556.8909**.

All services are confidential and barrier free. Remember, you are not alone.

If you know or suspect someone is being abused, you can also call to find out how you can provide information and support to someone you care about.

FACTS: Did you know that according to Statistics Canada, Alberta has the highest rates of domestic violence in Canada? Sadly, domestic violence is a fact of life for too many families. In every community, across every socioeconomic status, women are emotionally and physically abused by their husbands and partners. This is as true in rural areas as it is in cities. The impact on families is devastating. As society becomes less tolerant of abuse, we must create a climate of support and safety to help end the shame, fear, uncertainty and isolation felt by the majority of abused women

A satellite program of PSSAW (Peer Support Services for Abused Women) and the support of Olds and Didsbury Neighbourhood Places and Carstairs FCSS.