Joint Shelter Report: April 1, 2025 to March 31, 2026

A FUTURE WITHOUT VIOLENCE:

Calgary and Area Shelters Building Safety, Stability, and Hope



LAND ACKNOWLEDGEMENT:
In the spirit of respect and truth, we recognize that we live and work on the traditional territories of the Blackfoot Confederacy (Siksika, Kainai, Piikani), the Tsuut'ina, the Iyarhe Nakoda Nations, and the Otipemisiwak Métis Government of the Métis Nation within Alberta, Districts 4, 5, and 6.

We are committed to using our voices to foster respectful relationships with Indigenous communities and individuals, celebrating the vibrancy of Indigenous culture, and supporting all people to thrive.

INCLUSION STATEMENT:
We recognize that domestic violence affects people from all areas of life. We are committed to supporting everyone to heal and thrive, regardless of their age, ethnicity, culture, religion, gender, sexual orientation, or any other aspect of their identity.

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ORGANIZATIONS CONTRIBUTING TO THIS REPORT

Big Hill Haven
Discovery House
FearIsNotLove
Heart Home Network
Niitoiyis Family Support Society
Radiance Family Society
Rowan House Society
True North Society
YWCA Banff
YWCA Calgary

EXECUTIVE SUMMARY

Every year, we learn more about the evolving needs in our communities and our collaborative response becomes stronger. Not because domestic violence is getting easier to solve, but because ten organizations across Calgary and area are learning, coordinating, and building smarter tools than ever. This report is proof of that progress, and a case for what else is possible with the right support.

The need is real and growing. Calgary Police Service recorded a 7% rise in domestic violence victims in 2025, part of a trend that has climbed steadily for a decade. Our region is growing too, adding nearly 40,000 people this year, and every new neighbour adds to the demand on a system already stretched thin.

But growth in need has been met with growth in capacity, impact, and results. This year, our shelters provided immediate and long-term safety to 2,550 people. 90% percent of participants left our shelters with a stronger sense of safety. 86% left feeling hopeful about their future. This underscores a simple truth: when people in crisis are met with the right support, their lives can change forever. The people we collectively serve feel more confident and empowered, and are seeing improvements in their health and well-being.

Our organizations are more connected than at any point in our history. That collaboration is our greatest asset. The strength of our sector lies in what we build together.

This is a call to act, where you can, right now. **To government:** please fund second-stage and domestic-violence-specific housing at the scale families need, and move imminent-risk response to a permanent funding line. **To media:** please report on the patterns, not just the incidents, and help the public understand that housing affordability and survivor safety are the same issue. **To every reader:** please believe survivors, share the resources on the final pages of this report, and know that your support, in whatever form it takes, is already changing lives. We've seen what's possible this year, and with our collective efforts and ongoing support, we hope to see even more progress next year.

INTRODUCTION

Every day, behind secure doors most of us will never see, ten organizations across Calgary and area show up for people living through domestic violence.

This report pulls back the curtain on the care provided to people in our community served by domestic violence shelters from April 2025 to March 2026. It shows what happens behind those doors and the impacts on our entire community.

This year's data tells two important stories:

Domestic violence continues to affect more individuals and families across Calgary and area.

Thousands of people had the courage to walk through our doors to build safety plans, stronger connections, housing, and renewed hope.

This report reflects the growing need in our community and the meaningful impact that is possible when the right resources and supports are available

Our Work Focuses on Six Key Areas:

SAFETY

For those directly experiencing domestic violence and the community as a whole

HOPE

Believing a better future is possible, we help people rediscover the confidence to build it, for themselves and their children

SUPPORT

Connection is critical to healing and long-term well-being through formal and informal supports

COLLABORATION

By coordinating our services and shared learning, we strengthen outcomes across the entire sector

STABILITY

More than providing a safe night's sleep, we work alongside participants[1] to navigate housing, finances, and employment, to build a lasting foundation

INNOVATION

As the realities of domestic violence evolve, so must our response. We continue to pilot bold, responsive practices built around what survivors need today

Through the Women's Shelter Directors' Network, we come together regularly to align, learn, and move new programming forward as a sector.

While our organizations support entire families, this report centres on adult outcomes, grounded in the understanding that a parent who feels safer, stronger, and more stable passes that stability on to her children.

[1] In this report, participant refers to any individual who accessed a service offered by one of the partner organizations. This includes people supported through residential programs (such as emergency or second-stage shelter), outreach services, or educational and prevention programming.

WHAT IS DOMESTIC VIOLENCE?

The attempt, act, or intent to intimidate someone within a relationship built on intimacy, dependency, or trust, through threats or physical force. Its aim is control and exploitation, through fear, neglect, or pain, and it can take verbal, physical, sexual, psychological, emotional, spiritual, or economic forms.

We recognize that domestic violence, family violence, and gender-based violence are often used interchangeably. For the purposes of this report, we use the term domestic violence.

EMERGENCY SHELTER:

Short-term shelters for survivors of domestic violence and abuse, with average duration from 30-90 days

SECOND-STAGE SHELTER:

Longer-term housing for survivors of domestic violence and abuse, with average duration from 6 to 12 months

NOTE REGARDING DATA PRESENTED IN THE REPORT:

The number of organizations represented varies across data points because not all programs collect the same measures. Where possible, results are reported across the maximum number of organizations with comparable data

SAFETY

Safety Is Where Better Futures Start

It is the foundation of everything our shelters do. Every safety plan created, crisis call answered, and shelter bed accessed is an opportunity to build a safer future.

The need remains significant. Calgary Police Service[2] reported a 7% increase in people who experienced domestic violence in 2025 compared to the year before; 22% higher than what has been seen over the past five years. This reinforces the importance of accessible shelter, outreach, crisis response, and prevention services. 870 Danger Assessments (a standardized tool used to evaluate a person's risk of being killed by an intimate partner) were completed and 66% were at severe or extreme risk of homicide. These individuals received evidence-based safety planning during some of the most dangerous moments of their lives.



"You not only provided us with shelter and necessities but also gave us a sense of safety and comfort during a challenging time. You made a profound difference in our lives."

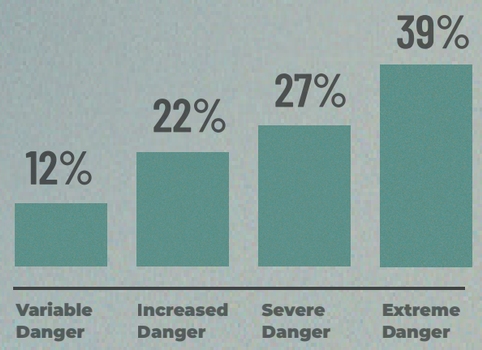
— True North shelter participant

[2] https://www.calgarypolice.ca/content/dam/www/cps/documents/statistical-reports/2025-Annual-Crime-Statistics-Report.pdf (annual rates reported on pgs 7-8)

In 2025-2026:

* The emergency shelters contributing to this report provided immediate safety for 2,110 people (968 adults and 1,142 children), up 17% overall from last year. Children continue to be the largest group of people supported by our shelters.
* Second-stage shelters offered longer-term safety to 440 people (174 adults and 266 children).
* Outreach programs supported 2,644 people staying safe in their communities, up from 2,014 last year, reflecting both increases in need, and more organizations contributing data this year. This includes safety planning and access to domestic-violence-specific resources, such as legal, financial, employment, educational, housing, and counselling support.
* 6,782 people received domestic violence prevention and education programming, including 5,274 children and youth. This **177%** increase over last year is largely a result of an additional organization reporting. Prevention programming may include helping a person who has caused harm to change their behaviour, teaching youth and adults about healthy relationships, and helping bystanders recognize, respond, and refer when supporting someone experiencing domestic violence.
* Together, we answered 23,164 crisis line calls this year, an average of 63.5 per day, up from 22,624 calls the year before. 67% of calls were answered through The Connect Domestic Violence and Abuse Hotline[3], an intake line shared by FearIsNotLove and YWCA Calgary.
* FearIsNotLove's Imminent Risk Initiative provided emergency accommodations to people facing immediate and extreme risk when no shelter bed was available. Among the 55 people in need this year, 58% reported receiving death threats, 61% disclosed their abuser had access to weapons, and 61% had experienced recent strangulation, one of the strongest known predictors of future homicide.

DANGER ASSESSMENT RISK CATEGORIES



66%

of people assessed were found to be at severe or extreme risk of homicide from their abusive partner

[3] The Connect Domestic Violence and Abuse Helpline, a service of FearIsNotLove, provides a shared intake line with YWCA Calgary. The Helpline utilizes ShelterLink, a web-based application that provides real time bed availability in domestic violence shelters. The Shelterlink project is jointly managed by FearIsNotLove and YWCA Calgary.

IMPACT

Participants reported real, measurable changes in their safety:

89%

of participants feel safer, a 4% increase over last year

90%

of participants know where to access safety supports when they needed them

92%

of participants have completed safety planning

Opportunities for Greater Impact

Rising client complexity is one of the most consistent pressures faced by shelters. Many participants arrive with complex needs (mental health crises, substance use, medical needs) that exceed what the current shelter model was built to hold. This is especially true in rural areas where isolation is more common, mental health and detox resources are scarce, and RCMP or EMS are the default response.

Housing shortages and lack of affordability are among the most common challenges facing the communities we serve, making it increasingly difficult for families to secure safe, stable housing after leaving shelter. As a result, families are staying in second-stage shelters longer, reducing the number of families who can access these resources.

Abusers' use of technology, like tracking apps, hidden devices, and location sharing, has also become a persistent and evolving safety concern.

In smaller communities limited local court dates require travel to Calgary to pursue protection and parenting orders.

> *"I have never been to court in my life. I didn't know how to behave or how to speak at all. My Legal Resource Navigator showed me where to go and what to do. She connected me to the interpreter, explained the processes, and provided me with the information I needed."*
>
> — *Rowan House Society shelter participant*

Collaboration & Innovation

BUILDING A SHARED LANGUAGE OF RISK

Several of our organizations use standardized risk assessment tools, including the Danger Assessment, RISA (Risk Identification and Safety Assessment), and B-SAFER tools. This means a risk level identified at one organization carries the same meaning in more places across the system, strengthening safety planning across the sector.

SHELTER WITHOUT A "SHELTER"

Big Hill Haven has reimagined what emergency shelter can look like in a small community. Its 'shelter without a shelter' model connects people quickly to safe, private accommodations and provides trauma-informed support. The approach, the first in Alberta, costs significantly less than a traditional shelter, reducing costs up to 73% per person, per day, while helping people who might not otherwise seek shelter services. Big Hill Haven also continues its research partnership with the University of Calgary's Sh!ft network, including a 2025 publication[4] exploring patterns of domestic violence in Cochrane using RCMP data.

WORKING WITH PEOPLE WHO CAUSE HARM

Rowan House's Safe at Home program works directly with adults who have used abusive behaviour and want to make positive changes. The program uses the B-SAFER risk assessment tool and offers interventions such as Caring Dads to support safer parenting.

FearIsNotLove's Men& initiative works upstream of crisis, engaging men and boys by challenging harmful norms, strengthening accountability, and supporting healthy expressions of masculinity. The program reaches beyond Calgary; in Cochrane, Big Hill Haven partners with the Men& team to connect men with local information, support, and resources, a collaboration that grew directly out of the Made in Alberta Rural and Small-Town Collaborative's finding that male-focused prevention was a critical local need. FearIsNotLove also serves hundreds of people concerned about their use of abuse through their Men's Counselling Service.

A SHARED RISK SCREENING TOOL

Building on research from the Alliance Against Violence and Adversity internship program, YWCA Calgary and FearIsNotLove developed an imminent risk screening tool to help staff consistently identify elevated risk. The implementation of a shared intake line between the YWCA and FearIsNotLove began in 2023, providing coordinated crisis support to families fleeing domestic violence in Calgary and area.

[4] https://preventdomesticviolence.ca/domestic-violence-in-cochrane-what-rcmp-data-reveals-about-perpetration/

COORDINATED SYSTEMS, LAYERED SAFETY

Since 2014, Radiance, Discovery House, and Brenda Strafford Heart Home Network have partnered on Calgary's Shared Intake and Referral Program, making it easier for survivors to access second-stage shelter without having to repeatedly share their story. They also support clients experiencing technology-facilitated abuse, like electronic tracking and stalking. For families navigating joint custody, Radiance works with schools to build safety into activities such as drop-off, pickup, and field trips, so children stay connected to their peers without compromising their safety.

> *"I thought it was normal for my boyfriend to have all my passwords to my phone, emails, and social media. I learned that this was not a good sign. I changed all my passwords. Most importantly, I decided that I no longer wanted a boyfriend that was monitoring and controlling me.*
>
> *— Rowan House Society participant*

THERE'S AN APP FOR THAT

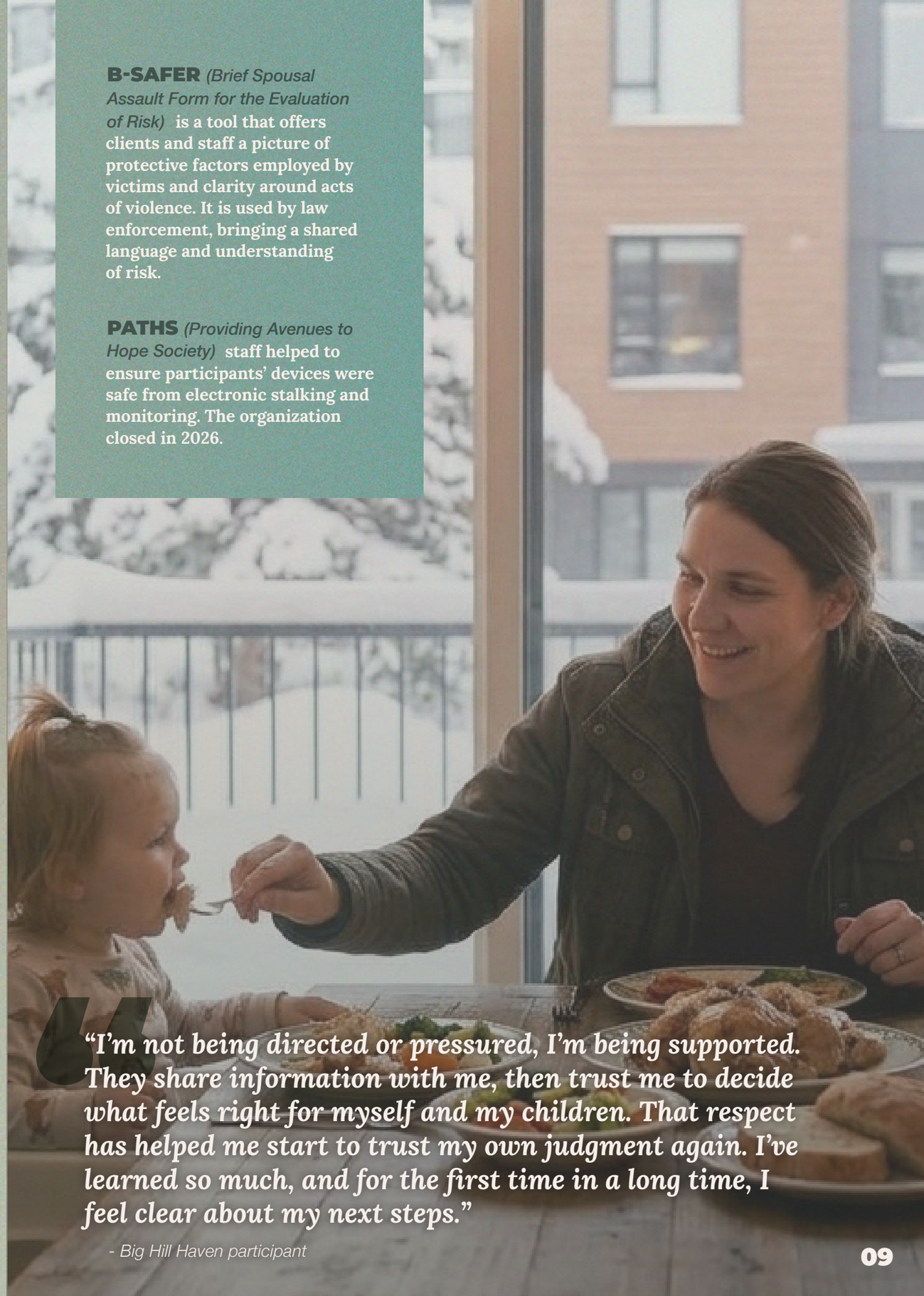
FearIsNotLove has introduced my-eforce, a phone-based application used by clients to access immediate help if they are in a potentially dangerous situation. Alerts are verified and escalated to authorities by a trained 24/7 team.

RURAL SOLUTIONS

The Made in Alberta Rural and Small Town Collaborative is a partnership led by Sh!ft: The Project to End Domestic Violence, Rowan House Society, YWCA Banff, and Big Hill Haven. Together they work to prevent gender-based violence by examining root causes, identifying risk factors, and developing evidence-based local solutions. Examples include men's outreach at Big Hill Haven and Rowan House Society's publication, "What We Found: Leveraging Data and Community Insights to Prevent Gender-Based Violence in High River, Alberta." Rowan House provides virtual access to resources for family law matters.

B-SAFER *(Brief Spousal Assault Form for the Evaluation of Risk)* **is a tool that offers clients and staff a picture of protective factors employed by victims and clarity around acts of violence. It is used by law enforcement, bringing a shared language and understanding of risk.**

PATHS *(Providing Avenues to Hope Society)* **staff helped to ensure participants' devices were safe from electronic stalking and monitoring. The organization closed in 2026.**



> *"I'm not being directed or pressured, I'm being supported. They share information with me, then trust me to decide what feels right for myself and my children. That respect has helped me start to trust my own judgment again. I've learned so much, and for the first time in a long time, I feel clear about my next steps."*
>
> *- Big Hill Haven participant*

SUPPORT

No One Heals Alone

Recovering from domestic violence happens with a network of formal and informal supports, including legal assistance, counselling, housing programs, family, friends, neighbours, and faith and cultural communities. While abuse can strain or sever important connections, both formal and informal support matter enormously.

Shelters help address isolation, a common impact of abuse. An abuser may deliberately target or threaten a survivor's family and friends, or make contact with loved ones dangerous by responding with more abuse each time. By the time someone reaches out, their support network may be reduced, and rebuilding it is an important part of healing.

IMPACT

86%

of participants reported improved knowledge of community resources

82%

of participants reported improved informal support networks, including more stable relationships and more people they could rely on; this outcome is consistent year-over-year and across organizations and client bases

Opportunities for Greater Impact

For some survivors, cultural, family, and faith communities are important sources of strength and belonging. At the same time, internal expectations around relationships, marriage, or family responsibilities can make decisions more complex. Service providers work to balance a survivor's personal support network with the requirements of formal systems such as Children's Services. What a client considers a trusted support person may not always align with formal guidelines, creating additional challenges.

For newcomer and rural clients, distance and language add another layer. In the Bow Valley, services like legal aid and trauma counselling often require travelling to Calgary or Cochrane, and 12.3% of this year's YWCA Banff clients were on working visas, where uncertainty about immigration status can make people hesitant to seek formal help at all.

Collaboration & Innovation

CULTURALLY SUPPORTIVE SERVICES

Cultural identity continues to be woven more deeply into how our organizations support healing. Discovery House's ongoing partnership with Elder in Residence, Pam Heavy Head, alongside its Cultural Liaison role, gives clients and staff access to Indigenous teachings, ceremony, and one-on-one guidance rooted in trust. Their continued delivery of the Indigenous adaptation of Moms' Empowerment and Kids' Club, developed to strengthen cultural identity, healing, and resilience for Indigenous families, reached 50 clients across 220 visits. Radiance Connection Centre provides similar services that create cultural connections to support healing and a sense of belonging. YWCA Calgary's Continuing Education programs help service providers strengthen their skills and knowledge in supporting individuals, including trauma-informed multicultural supervision practices.

Niitoiyis Family Support Society provides Indigenous-guided supports grounded in Indigenous ways of knowing, cultural connection, and the seven Sacred Teachings. Guided by Elders, Niitoiyis connects individuals and families with cultural supports, ceremony, and community-based programming.

A MOTHER'S PATH BACK TO HERSELF

A mother of four accessed counselling after fleeing domestic violence, initially hesitant and worried that counselling would only label her without changing anything. Over six months she learned how trauma affects the brain and nervous system, which helped her let go of self-blame and develop tools to set boundaries and respond to her former partner with less fear. Counselling helped her better understand her experiences, and she began to see herself as a survivor and a capable mother. By the end of counselling, she no longer needed the support.

— Adapted from a Radiance Family Society case story

A NEW LIFE, BUILT PIECE BY PIECE

A mother arrived at Discovery House while pregnant, seeking safety. During her stay, she welcomed a baby, worked with her case manager to establish safe parenting arrangements, and built practical skills. Determined to grow her independence, she learned to drive and purchased her own vehicle, opening up access to work, services, and community. She left Discovery House with permanent housing and long-term rental subsidy, and continues to thrive in her own home today.

— Adapted from a Discovery House case story

> ***"I am more connected to the community around me. I know what to do if I do not feel safe, and I am a better parent."***
>
> *— FearIsNotLove Community Services participant*

STABILITY

Building a Foundation to Stand On

Shelter provides safety and the underpinnings of stability. But long-term stability requires more: affordable housing, steady income, and everyday skills that make independent life possible. This is where our organizations' work extends furthest beyond a shelter stay, and where the region's housing crisis is felt most directly.

Many survivors stay with an abusive partner because they cannot afford to leave or their partner is controlling their access to funds. Shelter residents commonly earn below Statistics Canada's Low-Income Cut-Off[5], which puts independent housing further out of reach.

Our shelters are working tirelessly to support clients in finding affordable housing, through systems navigation, advocacy, and information about community resources.

63%

of participants moved into stable housing after leaving shelter. This rate is slightly lower than last year, in part a result of current affordable housing challenges.

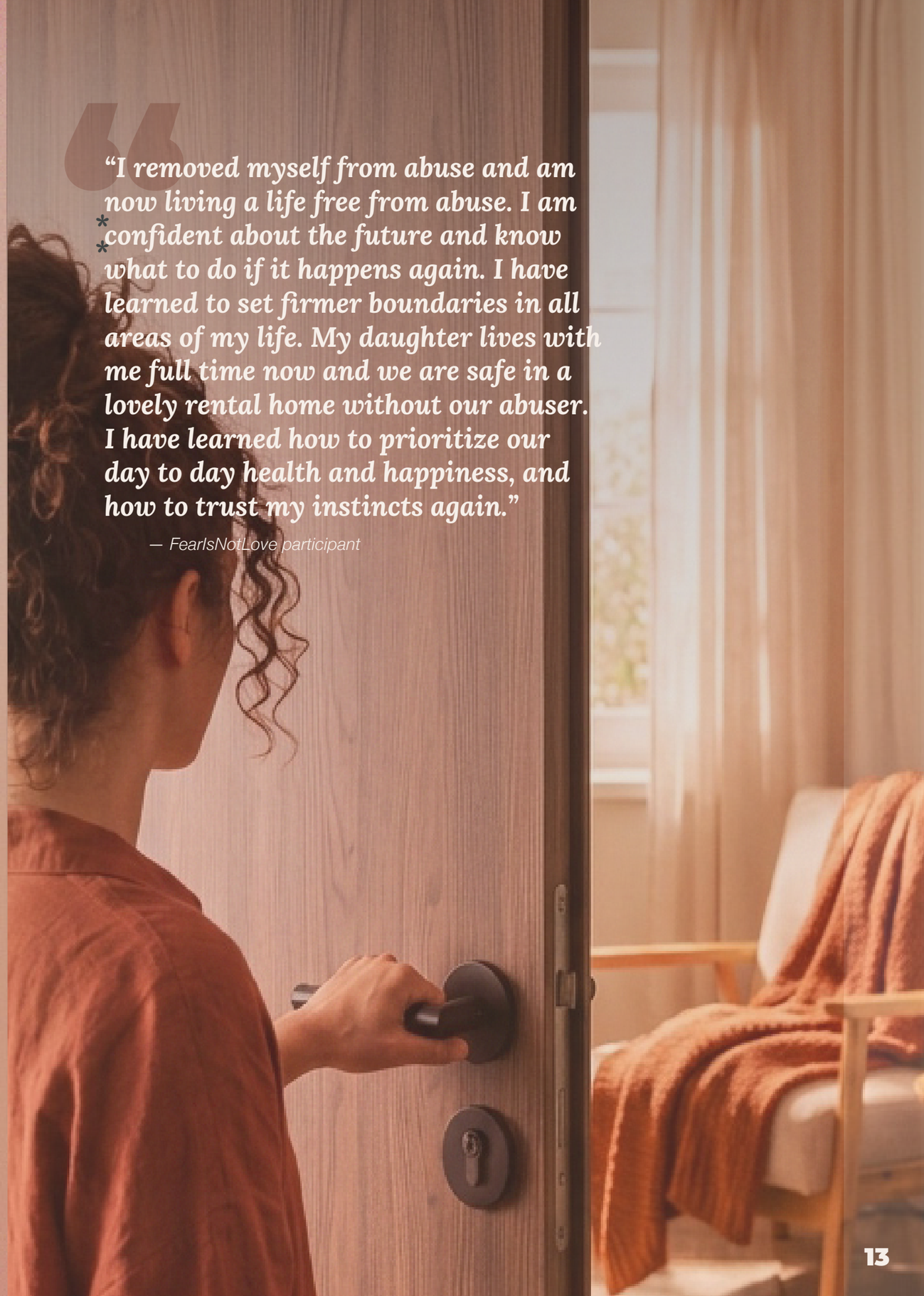
AMONG SECOND-STAGE SHELTER PARTICIPANTS:

50%

made positive progress toward stable housing, including learning about tenants' rights and responsibilities and how to search for rental housing

45%

reported taking steps towards empowerment and choice in their finances



> *"I removed myself from abuse and am now living a life free from abuse. I am confident about the future and know what to do if it happens again. I have learned to set firmer boundaries in all areas of my life. My daughter lives with me full time now and we are safe in a lovely rental home without our abuser. I have learned how to prioritize our day to day health and happiness, and how to trust my instincts again."*
>
> — *FearIsNotLove participant*

[5] The Low-Income Cut-Off (LICO) is a threshold set by Statistics Canada to identify households that are likely to spend a much larger share of their income on necessities like food, shelter, and clothing than the average household. For current cut off amounts, visit Statistics Canada https://doi.org/10.25318/1110024101-eng

In 2025-2026:

* Two domestic violence housing programs supported 342 people
* Court support programs served 746 people, up from 670 the year before, helping survivors navigate protection orders, parenting orders, and the broader legal system; this 11% increase was driven primarily by a growing demand for court and legal services

Opportunities for Greater Impact

Housing affordability is the biggest barrier standing between survivors and independence. Discovery House, home to Calgary's only three- and four-bedroom second-stage shelter units, sees this acutely: larger families face longer waits for stable housing after shelter stays, which can prolong their exposure to unsafe living situations. YWCA Banff clients face a rental market with almost no vacancy.

FROM CRISIS TO HER OWN FRONT DOOR

A woman came to YWCA Banff after a domestic violence incident left her without safe housing, in the middle of a mental health crisis, and with almost no income. Staff made a safety plan, connected her to addiction supports, and helped her apply for income support. She stopped drinking and secured full-time work nearby. Employment opened the door to YWCA Banff's Affordable Housing Program, a home that fits her needs and her budget. As she put it, asking for help had been difficult, but worth it.

— Adapted from a YWCA Banff case story

TOOLS FOR A BETTER FUTURE

A client who had experienced severe abuse expressed to the shelter counsellor that she was anxious about moving to a rental unit. Staff introduced her to my-eforce, a phone-based app that notifies authorities or a chosen group of contacts if she ever needs immediate help. It visibly eased her concerns. She went on to secure an apartment and moved in with her son, carrying with her a tool and a plan that gave her the confidence to make the move.

— Adapted from a FearIsNotLove case story

> *"I am stronger than I know. I believe anything is possible for my future."*
>
> *— True North participant*

Collaboration & Innovation

Strong partnerships are helping survivors access housing, financial, and community supports they need to build stable futures. The organizations contributing to this report collaborate with multiple community partners, including housing, homelessness-serving organizations, income assistance, and health benefits.

Many of us partner with Calgary Housing Company and the Government of Alberta's Gender-Based Violence Benefit, creating an important pathway for clients moving from shelter to long-term housing, helping bridge affordability gaps.

YWCA Calgary's Economic Prosperity continues its partnership with Heart Home Network, pairing financial education workshops with life and relationship programming, recognizing the important role economic security plays in long-term safety and stability. YWCA Crisis Shelter introduced a follow-up survey, helping staff stay connected with former participants, identify emerging needs, and support ongoing access to resources.

True North partners with Claire Living Home to support women with children transitioning out of emergency shelter into permanent housing by providing access to essential household items. True North is also responding to housing pressures in its region by developing an integrated shelter, second-stage, and affordable housing model to give survivors a longer runway toward stability. Construction of their Affordable Housing & Wellness Hub, designed for survivors of violence in Strathmore and surrounding rural communities, is underway.



> *"My mental health has improved greatly [...] I feel like I am a productive member of society again. I am coming out of my shell. Working and having my own place makes me feel better about my future and being on my own. I am hopeful about my new independence."*
>
> *— Heart Home Network participant*



“Radiance has helped me leave my situation and become more empowered. It gave me a second chance to rebuild my life with my kids. It showed me that I did not have to settle with my previous situation.”

— *Radiance participant*

HOPE

Hope Carries People Forward

Hope is the strong thread embedded in the support provided to families affected by domestic violence. A survivor who believes a better future is possible is more likely to make it happen, and every essential service we offer helps restore that belief.

IMPACT

86%

of participants reported feeling hopeful about their future. Similar to 2025

7/10

participants said they feel more confident and empowered

53%

of participants reported improvements in their overall health and well-being

“At first, I didn’t know what to expect, or if I had made the right choice coming in. But the way I was welcomed helped settle me right away. I wasn’t rushed or overwhelmed. Over time, that steadiness helped me feel grounded again, and I started to realize I could take things one step at a time and still move toward something better for me and my children.”

— *Big Hill Haven participant*

FINDING SAFE HOUSING FOR HER FAMILY

A mother of four came to shelter determined to build a safer future for her children one of whom has complex support needs. She faced repeated rejection while apartment hunting, often feeling judged. With steady support from shelter staff and her own tenacity, she ultimately secured stable housing for her family, proof of what persistence paired with he right support can accomplish.

— *Adapted from a Niitoiyis Family Support Society case story*

CONCLUSION

Domestic violence in Calgary and area is not slowing down. With population increasing 2.5% year-over-year (almost 40,000 people, or the entire population of Cochrane[6]) and 19.4% in the last five years[7], and the continuing growth of surrounding communities, like Airdrie, Chestermere, and Cochrane, the demand for domestic violence shelters and related supports is predicted to continue to rise.

Our organizations feel that pressure directly, facing constant demand for our services, clients reporting severe levels of abuse, and a housing market that makes independence harder to reach with each passing year.

Yet these ten organizations worked together and individually, to accomplish great things this year: thousands of people found a safe bed, a person who believed them, and a plan for what comes next. It's about culturally grounded healing, tools that highlight the risks faced by clients, and new models that prioritize individual need and choice, built specifically for the survivors our current systems still struggle to reach.

Still, we want to be clear about something: **the responsibility for domestic violence lies with the person causing harm.** Responsibility for stopping it lies, in large part, with all of us; a community willing to notice, believe, and act, and the systems to intervene before a crisis becomes a tragedy. **Survivors should never have to carry the full weight of staying safe on their own.**

Thousands who turned to us in moments of crisis left transformed: with safety plans that protect them, renewed confidence in who they are, stronger networks to lean on, and hope in a future worth building. We're proud of what we have made possible this year, and we remain committed to a future where everyone is safe, supported, and free from violence.

Thank you for standing with us in this work.

> *"I would like to thank YWCA Crisis Shelter, as I see the first light in my dark life, the first step when I was broken, they took my hand and placed me on the path."*
>
> *- YWCA Calgary participant*

[6] https://regionaldashboard.alberta.ca/region/cochrane/population/#/?from=2021&to=2025
[7] https://regionaldashboard.alberta.ca/region/calgary/population/#/?from=2021&to=2025

HOW YOU CAN HELP

For Everyone

SUPPORT SURVIVORS

Most people experiencing violence turn first to family and friends, and a positive response makes them more likely to keep seeking help rather than keep it hidden. FearIsNotLove's Take A Stand toolkit offers guidance for starting these conversations safely.

* Listen without judgment and believe their experiences
* Learn the signs of abuse and how to respond safely and positively
* Share crisis lines, shelter, and outreach resources with those who may need them
  See page 20 for a full list of contact information

RAISE AWARENESS

* Share survivor stories and trusted statistics to build understanding
* Use social media to promote local campaigns and events

DONATE OR FUNDRAISE

* Make a meaningful gift to shelters and outreach programs
* Work with your local shelter to organize fundraisers in your community or workplace
* Donate essentials like basic needs items, school supplies, or gift cards (check with the shelter to confirm what's needed)

ADVOCATE FOR CHANGE

* Support policies that protect survivors and fund prevention efforts
* Contact elected officials to advocate for more programs and services addressing domestic violence
* Promote domestic violence education and cultural awareness in schools and workplaces

PREVENTION

If you have concerns about your own behaviour and need support, reach out for professional support.

HOW YOU CAN HELP

For Government

* Fund second-stage and domestic violence-specific housing at the scale families need
* Move imminent-risk response models, like emergency crisis accommodations for those at extreme risk, from fundraised stopgaps to sustainable, permanent funding lines
* Invest in rural mental health and addiction infrastructure
* Sustain funding for Indigenous-led and culturally grounded services
* Resource the shared risk-assessment tools already connecting shelters and law enforcement, so they become fully funded, sector-wide
* Treat prevention and education programming as core funding

For Media

* Cover the system, not just the incident. Pairing an individual story with real data helps audiences understand domestic violence as an ongoing pattern, versus isolated events
* Explain risk factors accurately when covering violence or fatalities, including established predictors of lethality like strangulation and weapon access
* Include crisis line and resource information in coverage of domestic violence
* Connect the housing and safety crises directly. Reporting that draws this connection helps public see it as the systemic issue it is

WHO WE ARE

bighillhaven.com
Crisis line: 403-796-6564

radiancesociety.ca
Crisis line: 403-266-HELP (4357)

discoveryhouse.ca
Crisis line: 403-266-HELP (4357)

rowanhouse.ca
Crisis line: 1-403-652-3311

fearisnotlove.ca
Crisis line: 403-234-7233

truenorthab.com
Crisis line: 403-934-6634

hearthomenetwork.ca
Crisis line: 403-266-HELP (4357)

ywcabanff.ca
Crisis line: 1-403-760-320

niitoiyis.com
Crisis line: 403-531-1972

ywcalgary.ca
Crisis line: 403-266-0707