



**VIOLENCE IS
PREVENTABLE**



If you or someone you know has experienced any form of violence, it's not your fault, you are not alone, and it's okay to get help.

- Talk to a trusted and safe adult
 - Parent, caregiver, guardian, family member
 - Teacher, coach, school counsellor
 - Neighbour or community member
- Connect with local PEACE programs in your community
- Always remember to call 911 in an emergency

We can help connect you with the right support:

PEACE Counsellor's Name:

Agency Name:

Email:

Phone Number: