



# Cowichan Women Against Violence Society



## SOMENOS TRANSITION HOUSING

Somenos House provides free and confidential emergency short-term shelter and support for women (with or without children) needing safety from violence and abuse.

**Somenos means *resting place* in the Hul'q'umi'num' language of the Cowichan People.**

You may be feeling conflicted. It's normal to love someone but also feel hate, mistrust, confusion, and despair. Our crisis counsellors are available 24/7 to help you make the next step.

**Call 250.748.8544 or email [somenos.house@cwav.org](mailto:somenos.house@cwav.org)**



## You Are Not Alone

Do you feel trapped, intimidated, isolated, controlled?

- Abuse can be verbal, physical, emotional, mental, sexual or financial
- Abuse is used to maintain power over someone
- Abusive behaviours include threats, name-calling, belittling, pushing, pinching, choking, hitting, unwanted sex, abuse of pets, and destruction of belongings
- Abuse can be deadly

## What to Bring

- Your Children
- Any Important Documents and I.D You Have
  - Social Insurance Card
  - Medical Card
  - Driver's License
  - Bank Cards
  - Passport
- Any Medication You or Your Children Need
- Keys and Purse
- Personal Items for You or Your Children
  - Journal
  - Cell Charger
  - Photos
  - Comfort Items such as Teddy Bears and Blankets

## How Do I Get To Somenos?

You can refer yourself or be referred by someone who wants to help (friend, social worker, family, coworker, police). Call the house to talk to a staff member.



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250.748.7000  
[www.cwav.org](http://www.cwav.org)