



Bernadette McCann House Services

# Newsletter 2026



Scan for more info



## Program Spotlight

**Outreach:** The Outreach Program is a short-term, goal-oriented program offering individual and group support, in communities throughout Renfrew County.

### Child and Youth

**Outreach:** This service involves education regarding understanding abuse, expressing anger and feelings, choices, boundaries, self-esteem, and healthy relationships.

**Family Court Support:** This program is to provide direct services to male and female victims of domestic violence who are involved in the family court process.

**Transitional Support:** This program provides support and services to women and their dependents and survivors of human trafficking that will enable them to access safe and stable housing. The Transitional Support Program is available in French.

**Shelter:** This Residential program consists of a 24/7 Support Line and an Emergency 16-bed Shelter for women aged 16 years and older and their children.

### Groups & Workshops:

Scan the QR code to learn more:



Groups & Workshops

## Guiding you through the journey: system navigation and support

Bernadette McCann House Services knows how hard it is to take that first step, to engage in that first conversation.

Bernadette McCann is the "System Navigator" for people who are experiencing harm or harming others. This includes family and friends of those who are concerned about someone they know who needs help.

We are here to help.



## Statistics

### Bernadette McCann House Services

April 1st, 2025 – March 31st, 2026

- 1410 calls were answered
- 89 admitted to shelter
- 445 outreach clients
- 98 transitional program clients
- 23 community presentations
- 3 in 10 women aged 15-24 were emotionally, financially, or psychologically abused by a partner.<sup>2</sup>
- 6 in 10 women aged 15-24 has experienced unwanted sexual behaviours in public<sup>2</sup>
- From 2014 to 2022, intimate partner sexual assault increased 163%, intimate partner physical assault increased 14%, and indecent or harassing communications increased 38%<sup>3</sup>

## Are you being harmed by others?

### Emotional / Psychological:

- Minimizing
- Manipulation
- Gaslighting

### Environmental:

- Denying phone access
- Denying family visits
- Harming pets

### Social:

- Making a scene in public
- Not letting you attend social events

### Financial:

- Not allowed to work so access to money
- opening credit cards under your name

### Physical:

- Shaking you
- Throwing items at you
- Strangulation/choking

### Sexual:

- Demanding sex as a payment
- Forcing to have sex after childbirth

### Technology:

- Using social media to harass
- Installing trackers
- Sharing intimate photos

### Legal:

- not attending court on time to extend the case.
- pressuring to settle the case.

### Religious:

- Using religion to justify harm
- Mocking your beliefs

### Ritual:

- Mutilation
- Suggesting suicide
- Forcing you to witness or participate in rituals

### Verbal:

- Name-calling
- Yelling
- Intimidation
- Verbal threats

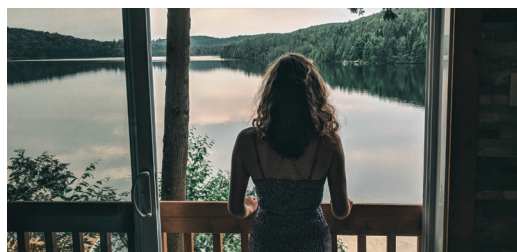
## We ALL can help.

Many people worry that they will be "interfering" if they get involved or that it is a "private matter". It can be equally worrisome if someone is being abused and you say nothing. If you approach with sensitivity, without being critical, most people will appreciate an expression of concern for their well-being, even if they are not ready to talk about their situation. It is unlikely you will make things "worse" by expressing concern.

If you want assistance in supporting a friend or family member who is being harmed by others, you can call the **Bernadette McCann House 24-hour Help Line at 613-732-3131 or 1-800-267-4930** and speak directly to a Caseworker. All calls are confidential; we do not subscribe to call display.

## Renfrew County Limits

Renfrew County is the largest County in Ontario. Neighbours often live more than a kilometer from each other. This can be isolating. **Rural communities are at a 17% higher rate for intimate partner and family violence compared to urban communities.<sup>1</sup>**



SOURCES: 1. Trends in Police-reported family violence and intimate partner violence in Canada, 2023 – Statistics Canada, 2024; 2. Gender-Based Violence: It's Not Just – Statistics Canada, 2025; 3. Statistics Canada, 2023.

By working together, we CAN make a difference.

### Bernadette McCann Services

24-hr. Support-line: 613-732-3131

24-hr. Help-line: 1-800-267-4930

Text Line: 613-639-1233

Email: [help@wsssbmh.org](mailto:help@wsssbmh.org)

Admin: 613-732-7776

Website: [www.wsssbmh.org](http://www.wsssbmh.org)

[f bmhrenfrew](https://www.facebook.com/bmhrenfrew)

[i BernadetteMcCannHouse](https://www.instagram.com/BernadetteMcCannHouse)

### Renfrew County Resources

Renfrew Victoria Hospital Regional Assault Care Program: 1-800-363-7222 or 613-432-4851 ext. 224

Victim Witness Assistance Program: 613-732-2035

Victim Services of Renfrew County: 1-877-568-5730

Women's Sexual Assault Centre: 1-800-663-3060

Family & Children's Services: 613-735-6866  
Living Without Violence: 613-628-3145

### Outside Renfrew County

Assaulted Women's Helpline:

1-866-863-0511

Ligne de soutien pour femmes

victims de violence: 1-877-336-2433

Men's Helpline: 1-833-327-6367

Bernadette McCann House

When you're ready, we're here for you.

