



**ABUSE** often starts or gets worse  
during pregnancy

*You and your baby deserve to be safe  
—talk to someone you trust*

**1-866-863-0511**  
**Assaulted Women's Help Line**

24 hours a day, 7 days a week  
Crisis line with help in 150 languages  
TTY# 1-866-863-7868

**911**  
**Police**

24 hours a day, 7 days a week  
(Where available)

**[www.shelternet.ca](http://www.shelternet.ca)**

**best start**  
**meilleur départ**

Ontario's maternal, newborn and early  
child development resource centre  
Centre de ressources sur la maternité,  
les nouveau-nés et le développement  
de jeunes enfants de l'Ontario