

Top 4 Checklist

Family Weekend

What to Bring:

- Medications
- Medical cards and IDs
- Daily Needs for family members
- Cash

Remember to:

- Teach your kids what to do in case of emergency
- Take time to disconnect from technology
- Let someone know where you will be

H.E.R

SAFETY CHECKLIST



North York
Women's Shelter

Healing. Empowerment. Refuge

This toolkit is a discreet resource to support women who are contemplating leaving an abusive situation.

Here are explanations of the checklist items on the left

Medical Cards and IDs

Important personal documents:

Passports, birth certificates, insurance papers, income tax statements.
Original copies if possible.

Other Documents:

Lease agreements or pieces of mail with both names (If you live with your abuser)

Daily needs for family members

A change of clothes, baby formula/ diapers, special diet foods

Cash

Credit cards and bank activity can be tracked online especially for joint accounts. If possible, carry cash for transportation and meals

Disconnect from Technology

GPS / Location services can be used to track your location. Turn off GPS on phones, tablets, and social media accounts.

Teach your kids what to do

Create a 'code word' with children, friends & family for when you need the police

Let someone know that you're safe

Identify 1 person as your safety contact who you will notify once you've left home

Once you leave home, don't reveal your location

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DETACH AND DISCARD THIS SECTION IF NECESSARY

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