

MY EX:

Tries multiple different ways to get in contact with me

Continues to try to control me, even after the separation

Threatens to hurt me, kill me, or take it out my kids

Asks members of my network to get information about me

Posts derogatory statements about me on social media

Regularly hangs around my home or workplace

Shows up at my home without my consent

Does not respect our custody agreement

Uses our children as messengers

Threatens to make me lose custody

Makes derogatory statements during custody exchanges

Blames me in my role as a mother



INTERESTED IN LEARNING MORE ABOUT 2ND-STAGE HOUSING (MH2S)?



www.alliancemh2.org

This brochure was realized with the financial participation of:



About

M 2nd
H stage
2 shelters

WHAT CAN YOU EXPECT TO SEE IN A 2ND-STAGE HOUSING RESOURCE?

✓ Housing units designed with the primary goal of keeping you and your children safe

✓ A confidential address and measures to protect you

✓ Adapted services for children who experience the impacts of intimate partner violence

✓ Support workers to help you as you reorganize your life and regain your autonomy

✓ A team devoted to defending your rights

✓ Specialized programs for post-separation intimate partner violence to support you as you reclaim your full potential

✓ All the time you need to settle in, leave the state of emergency behind, and catch your breath



MH2s provide women, with or without children, with specialized services in post-separation intimate partner violence by way of **safe transitional housing**.

MH2s have **specialized expertise in post-separation intimate partner violence**, with respect to devictimization, analyzing the degree of danger posed by the ex-partner, impacts on children who experience intimate partner violence, social reintegration of victims, and helping women residents regain autonomy.

MH2s offer a diversified range of services that **maintain a safety net for residents**. They develop concrete, accessible and modifiable means of ensuring residents' safety both during and after their stay.

Each year, 8% of women, or about 500, in emergency shelters, will need to stay in an MH2 as their ex-partner **poses a significant threat to their safety and those of their children**.



of women who stay in an MH2 do not go back to living with their abusive ex-partner



SERVICES FOR WOMEN

- Individual support meetings
- Accompaniment with next steps
- Group workshops
- Collective activities



HOUSING

- Confidential address
- Safe
- Affordable, regardless of your income



COLLABORATIVE APPROACH

- Collaborations with other support workers on residents' and their children's files



EXTERNAL RESSOURCES

- External follow-ups
- Public education activities
- Rights defense
- Preparation for post-stay



SERVICES FOR CHILDREN

- Individual support meetings
- Mother-child(ren) sessions
- Group workshops
- Collective activities



ADAPTATION

- Multi-language interpretation (including LSQ)
- Consideration for functional limitations
- No discrimination based on immigration status
- Welcoming and inclusive environment for all

WHAT IS POST-SEPARATION INTIMATE PARTNER VIOLENCE?

It is intimate partner violence, manifesting in any form, in a post-separation context. A post-separation context refers to the period where a woman decides to end the relationship and start reorganizing, and reclaiming power over, her own life. This is a **period where strategies of domination and control used by the ex-partner shift, multiply and persist over time**, exposing the woman and her children to severe risks to their safety (both psychological and physical), **including homicide**.

If you fear for your immediate safety or that of your children, dial 9-1-1

“ *In second-stage housing, I relearned how to live my life in spite of everything that I had lost.*

Former resident, now director of an MH2