

Alternate Service Directory to Accompany “Pause on New Outreach Program Referrals” Statement (Effective April 1st, 2025)



This directory is meant to help minimize the negative impacts related to our unfortunate yet unavoidable decision to temporarily restrict our domestic violence outreach services. Our hope is that these referrals will assist victims/survivors and their support networks in exploring additional options for community resources until our Outreach Program becomes fully operational again.

This directory is organized according to our outreach service categories. If you are specifically looking for assistance with an *Emergency Intervention Order*, a *Gender Based Violence Housing Benefit Application*, *Early Lease Termination* or *Domestic Violence Work Leave*, please refer to the **System Navigation** section (#3) for resources that can point you in the right direction.

INDIVIDUAL OUTREACH SERVICES

1. If you want help with **Emotional Support**, here are some other resources to consider:

Women In Transition House (shelter & crisis/support line)	506-459-2300
Gignoo Transition House (shelter & crisis/support line, live chat option at gignoohouse.ca)	1-800-565-6878
Sexual Violence NB Support Line (5 pm – 8 am, text option + live chat option at synb.ca)	506-454-0437
Crisis Helpline (text option available)	988
Sexual Violence NB Counselling (free service)	506-454-0460
Addictions & Mental Health Services (free service)	506-453-2132
Family Enrichment & Counselling Service (affordable service)	506-458-8211
Just Us Counselling (affordable service)	506-651-1239
University of New Brunswick Counselling Services (free service for students)	506-453-4820
Military Family Resource Centre (free counselling for military families)	506-422-3352
Victim/Witness Program (Fredericton City Police)	506-460-2422
Victim Services (Department of Public Safety)	506-453-2768
BounceBack Program Coach	cmhanb.ca/bounceback-coaching
iHEAL app (free web & mobile versions available)	ihealapp.ca
* You may have access to free services through an <i>Employee Assistance Program</i> at your workplace.	

2. If you want help with **Risk Assessment & Safety Planning**, here are some other resources to consider:

Women In Transition House	506-459-2300
Gignoo Transition House (live chat option at gignoohouse.ca)	1-800-565-6878
Child/Adult Protection (Department of Social Development)	1-833-733-7835 (After Hours) 1-800-442-9799
Liberty Lane Website – “Get Help” Tab (“Are You in Crisis?” Page)	libertylane.ca/are-you-in-crisis.html
PLEIS NB Website – “Abuse & Violence” Page	legalinfonb.ca/legal-info/abuse-violence
iHEAL app (free web & mobile versions available)	ihealapp.ca
It’s Your Business Toolkit (workplace toolkit for safety planning around domestic violence)	toolkitnb.ca

3. If you want help with **System Navigation**, here are some other resources to consider:

211 NB Information & Referral Specialists (available 24/7 in 150+ languages)		211 / nb.211.ca
<ul style="list-style-type: none"> • Connection to all local community, government & social services – food, housing, finances, education, employment, legal resources, etc. 		
Women In Transition House		506-459-2300
Gignoo Transition House (live chat option at gignoohouse.ca)		1-800-565-6878
Fredericton Police Force Domestic Violence Coordinator		506-292-2341
Sexual Violence NB Systems Advocate & Legal Support Advocate		506-454-0460
Legal & Family Law Information Line		1-888-236-2444
PLEIS NB Website – “Abuse & Violence” Page	legalinfonb.ca/legal-info/abuse-violence	
iHEAL app (free web & mobile versions available)		ihealapp.ca

4. If you want help with **Education/Awareness & Personal Self-Development**, here are some other resources to consider:

Liberty Lane Website		libertylane.ca
<ul style="list-style-type: none"> • “Get Informed” Tab (“What is Domestic Violence?” Page, “Recognizing Domestic Violence” Page, “Why do Victims Stay?” Page) • “Get Help” Tab (“Help Yourself” Page, “Help Others” Page) 		
PLEIS NB Website – “Abuse & Violence” Page	legalinfonb.ca/legal-info/abuse-violence	
iHEAL app (free web & mobile versions available)		ihealapp.ca
Domestic Shelters Website		domesticshelters.org
Learning Network Website		gbvlearningnetwork.ca
Alice on the Go (online self-directed DV prevention & education program)		alicehouse.ca/alice-go-online-course
Neighbours, Friends & Families Online Training		neighboursfriendsandfamilies.ca
AVA Service Provider Online Training		avatraining.ca/ava-online-courses
BounceBack Program Materials		cmhanb.ca/bounceback-adults
* You may have access to free services through an <i>Employee Assistance Program</i> at your workplace.		

OUTREACH GROUP

If you are interested in **FIERCE**, here are some other options to consider:

Changing Tides: Psychoeducational Group for Women in Difficult Adult Relationships (facilitated by Family Enrichment & Counselling Service)		506-458-8211
Sexual Violence NB – Group Support for Survivors & Parents		506-454-0460
Canadian Mental Health Association – Fredericton Programs (list of groups available at cmhanb.ca/category/Fredericton-programs)		506-455-5231
Alice on the Go (online self-directed DV prevention & education program)	alicehouse.ca/alice-go-online-course	