

## Problems at home can come to work

Problems at home can come to work. Research shows us the connection. People who use violence in their intimate relationships may lose time from work. They may be distracted while they are at work or even put their jobs in jeopardy by using work time or resources in an inappropriate way. Is your job at risk?

Help and support is available. You can find the strength to change.

*“We are not born to hurt others. We learn abusive behaviour. We can find the strength to change.”*

### **I ran out of people to blame, places to run, places to hide.” Is it impacting my work?**

#### **I have...**

- Missed time due to violent episodes
- Checked up on my partner from work
- Become distracted
- Caused or almost caused an accident
- Been less productive

“I had my back turned because I was on the phone checking on my partner. Someone almost got hurt because I wasn’t paying attention.”

#### **I can learn to be...**

- A loving partner
- An active and loving parent
- A good role model for my children
- Someone who controls my emotions and actions
- Someone who listens and is considerate
- Someone who is respectful and respected

*“Now I listen to my partner and we work things through. It doesn’t have to be my way or no way...it’s like a huge weight has been lifted off my shoulders.”*

#### **I’m ready for help...**

##### **I can...**

- Talk to my partner and ask for support in finding help
- Talk to trusted friends or family who can be supportive without judging
- Find a good counsellor – I can ask for references from people I trust

- Call my Employee Assistance Program (if there is one)
- Ask a Human Resources professional in my workplace for a referral (if there is one)
- Ask my union steward for a referral (if there is one)
- Talk to my local Partner Assault Response Program call toll-free at 1-888-579-2888 for a local contact)

*“I want to build a happy, loving relationship based on respect and trust rather than fear and violence.”*

Men and women can be abused or abusive in their relationships. Statistics Canada tells us that women are more likely to experience serious forms of violence and abuse and more likely to be injured or killed.

### **What is at stake?**

- Family
- Job
- Friends
- Money
- Freedom
- Dignity
- Self-respect

*“I could see it in my son’s face, the fear in his eyes. I was hurting him. He was afraid of me.”*

### **Is this me?**

- My behaviour makes my partner feel:
- Scared by threats and outbursts
- Harassed and controlled
- Followed and monitored
- Isolated from family and friends
- Put down or called names

*“I was hurting the people I loved, trying to control them and everything around them.”*

### **Do I use excuses?**

- But it only happens when I am provoked”
- “I was stressed about ...”
- “Why am I always the villain?”
- “I had too much to drink”
- “It’s not my fault”
- “I’m sorry...it won’t happen again”
- “She made me so mad”

*No one should be afraid of me, especially the people I care most*

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