

# You did **NOT** cause the abuse.

**Fact:** It is never your fault if you are experiencing abuse. Whether it happens once or often, abuse is unacceptable.

## **FREE help is available:**

- Caledon\Dufferin Victim Services **(905) 951-3838**
- Family Transition Place **(905) 584-4357**
- Call or text **211**

**[peelregion.ca/BreakTheSilence](https://peelregion.ca/BreakTheSilence)**

This campaign was developed in collaboration with community partners.



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