

Officer Name (Badge #)					
Phone Call (Report #)					
Witness Name(s) Address & Phone					
Location of Incident					
Description of Incident					
Time					
Date					

Helpful Resources	Phone Number
911 Immediate assistance in case of emergency.	
Police/RCMP Can help you assess your safety and take action against someone committing a crime.	Estevan City Police 306-634-4767 Estevan RCMP 306-637-4400 Weyburn City Police 306-848-3250 Weyburn RCMP 306-848-4640 Carlyle RCMP 306-453-6707
Legal Information Can share general information about the law, the legal system and your rights.	Pro Bono Law 1-855-833-7257 Family Law Info Centre 1-888-218-2822 Legal Aid 1-877-424-1903
Victim Services Can refer you to counselling and tell you about programs and services for victims of crime.	Estevan 306-634-8040 Weyburn 306-842-4797
Mental Health Office Can offer information or counselling on depression, stress, and mental health issues.	Estevan 306-637-3610 Weyburn 306-842-8665 Toll Free: 1-800-216-7689
Mental Health ~ ATV Program Can offer help for the abusive individual.	Weyburn 306-842-8665 Toll Free 1-800-216-7689



Serving Southeast Saskatchewan since 1994

Envision is a non-profit, community-based organization governed by a volunteer Board of Directors from Southeast Saskatchewan.

Envision helps individuals, families and couples embrace healthy choices to feel empowered, by providing therapeutic counselling, support, in-home services, groups, workshops and education.

Estevan Office Box 511 Estevan, SK S4A 2A5 P: 306-637-4004 F: 306-634-4229	Weyburn Office 120 3rd St. S Weyburn, SK S4H 2C2 P: 306-842-8821 F: 306-842-8815	Carlyle Office Box 1017 Carlyle, SK S0C 0R0 P: 306-453-2405 F: 306-453-2407
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Oxbow Office: 306-483-5555

info@envisioncounsellingcentre.com

We do not subscribe to call display. Collect calls accepted.

Envision receives funding from the Ministry of Justice, Ministry of Social Services, United Way of Estevan, United Way Regina and the community.



Donations from private groups, organizations, corporations, or individuals are gratefully accepted to assist Envision in serving communities in Southeast Saskatchewan.



www.envisioncounsellingcentre.com

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What everyone needs to know.

What is Stalking or Harassment?

Stalking occurs when a person who has no legal reason to contact another, continues to bother that person after they have been asked to be left alone. This repeated, unwanted contact can make you afraid for your personal safety. This behaviour is stalking and is against the law.

Often these behaviours are directed not only toward the individual, but also towards their family and friends.

In Canada, when criminal charges are laid by the police for stalking, the crime is known as criminal harassment.

Are You or Someone You Know Being Stalked?

Are you afraid for your safety or the safety of someone you know, because of the words or actions of another person?

1. Is someone following you or someone you know, from place to place?
2. Is someone repeatedly communicating with you, either directly or indirectly?
 - a. **Directly** can be telephone, in person, leaving voicemail messages, or sending unwanted gifts, notes, letters, texts, or emails.
 - b. **Indirectly** can be contacting people you know and having messages sent through them or by making repeated unwanted inquiries about you.
3. Is someone persistently close by, watching your home, or any place where you or anyone you know, live, work, carry on business, or happen to be?
4. Have you or any member of your family been threatened by this person?

If you answered **YES** to any of these questions you or someone you know, may be a victim of Criminal Harassment/Stalking.

Stalking Behavior Includes:

- Repeated phone calls and/or hanging up whenever you answer the phone.
- Contacting you on the internet or through constant texts or email messages.
- Following you, your family or friends.
- Leaving threatening voice messages.
- Sending gifts you do not want.
- Watching you or tracking where you go.
- Contacting your friends, family members, or co-workers in order to learn more about you.
- Threatening you, your children, family, pets, or friends.

Such unwanted behaviour can be frightening and cause emotional distress.

Who Stalks and Why?

Stalkers have a variety of personalities and characteristics, but they mostly fit into two basic categories.

Stalkers obsessed with a stranger:

Some stalkers fixate on a stranger. They may believe their conduct will eventually win the love of their victim. About 12% of harassment victims are harassed by a stranger.

Stalkers obsessed with someone they know:

Many stalkers know their victims and are trying to control them, whether they are ex-partners, spouses, acquaintances, co-workers, or close friends. About 88% of harassment victims fall into this category. In many cases, the stalking is an extension of family violence.



Ways to Increase Your Personal Safety

You are **NOT** alone! You can break the silence; by calling the police, contacting a community help service, or by talking to a friend, co-worker, or family member.

Maintain detailed notes about the stalking conduct. Dates, times, places, actions, and threats are easier to explain and remember when written down.

Keep all recorded voicemail messages, texts, emails, gifts, letters, and notes that have been sent by the individual. Keep a list of emergency numbers (police, immediate family, friends, co-workers, and victim advocacy groups) posted in **several locations**.

Some protective measures to follow include:

Tell others:

Inform all your friends, family, neighbours, teachers, school counsellors, co-workers, and security where you live and work. Your school/workplace may have programs to help deal with harassment.

Keep personal information private:

Do not use your social insurance number, except for banking and income tax forms. Remove personal details from things you throw out or recycle. Remove your nameplate and any other personal information at your workplace.

Be safe on the telephone:

Consider an unlisted number. Carry a cell phone for emergency calls. Use your telephone service provider's calling features: Call Trace, Call Reject, Block Caller Display, etc.

Keep your distance:

Do **NOT** agree to have contact with a person who you think may be stalking you - contact the police. Each stalking situation is different. Consider that sometimes, when a stalker is confronted or meets with resistance, they may react with violence or the conduct may escalate.

STALKING LOG

It is critical that victims of stalking maintain a log of stalking-related incidents and behaviour. Recording the information will help to document the behaviour for restraining order applications, divorce, child custody cases, and/or criminal prosecution. It can also help preserve your memory of individual incidents about which you might later testify.

The Stalker

Name: _____

Nickname/Alias: _____

Date of Birth: _____ Gender: _____

Ethnicity: _____ Language: _____

Description: Height: _____ Weight: _____

Hair Colour: _____ Eye Colour: _____

Glasses: YES / NO

Tattoos, scars, piercings, and/or other identifying marks: _____

Address: _____

Cell #: _____ Home #: _____

Other: _____

Workplace: _____

Work Address: _____

Work Phone #: _____

Vehicle Description:

Year: _____ Make: _____

Model: _____ Colour: _____

Licence Plate#: _____ Province: _____