



Who Are We?

Three Oaks is a not-for-profit organization that provides various services to women and their children who have experienced domestic violence in Hastings and Prince Edward Counties. Serving the community since 1983, Three Oaks' services are free and confidential and can be accessed by contacting the crisis line. (613-966-3074 or 1-800-267-0533)

Emergency Shelter

Located in Belleville, ON, Three Oaks Foundation offers an Emergency Shelter with 16 beds for stays up to 6 weeks. The shelter is staffed 24 hours, 7 days a week, 365 days a year and provides women a haven to assess their situation, receive transitional support and counselling and create a safety plan.

Second Stage Housing

Three Oaks also offers women and their children affordable housing for up to one year. Applicants must meet certain criteria to qualify for Second Stage Housing. Housing includes 1 and 2 bedroom accessible apartments. During a woman's stay she may continue to access counselling and other supports.

Contact the 24/7 Crisis Line for crisis support, community referrals and safety planning.



Crisis Line: 613-966-3074
or 1-800-267-0533

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Three Oaks

SHELTER • COMMUNITY
OUTREACH



Shelter
& Services



Children's Services

Children can be exposed to domestic violence in a variety of ways beyond directly witnessing violence against their mother.



Children's Outreach Program

The Children's Outreach Program provides early intervention to children aged 4 to 16 in Hastings and Prince Edward County who have been exposed to domestic violence. Children will have the opportunity to process and understand the abuse experienced by the family, while developing constructive coping strategies through individual counselling. Program topics include, but are not limited to managing emotions, types of abuse and myths about domestic violence, conflict resolution, communication styles, boundary setting, healthy relationships, and self-esteem.

Children may also participate in group programs, which provides intervention to children to end the cycle of violence. The focus of group will be reducing feelings of isolation and promoting the healthy expression of feelings in a safe, validating environment.

In-Shelter Services for Children

During a stay at the Shelter women and their children will collaborate with shelter staff in several areas including the development of a safety plan in the event of further violence. The purpose of the safety plan is to prepare children so that they may make safe choices for personal protection.

Training & Public Education

Three Oaks offers presentations and education on domestic violence and related topics to community agencies, groups, schools, and organizations. Contact the Training and Public Education Coordinator to learn about Three Oaks Foundation and domestic violence related topics at **613-242-6524**.

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Outreach Services

Outreach services are offered to women and their children in Belleville, Trenton, Central and South Hastings.

Supportive Counselling

Women who have experienced abuse will gain a deeper understanding of violence against women and will develop tools to cope with the effects of violence.

Transitional Support Program

The Transitional and Housing Support Program offers services to women and their children who have experienced domestic violence, to help them connect with community supports as well as find and maintain safe housing.

Women often stay in abusive relationships out of fear of becoming homeless. When a woman makes the choice to leave her abusive partner, it is often her who must leave the home. When she decides to leave, she has several barriers to overcome before she is in a space to be able to heal from the abuse; housing is just one of those barriers.

Family Court Support Program

The Family Court program is intended for victims of domestic violence who are involved or may become involved with a family court proceeding. A Family Court Support worker offers information about the family court process; assistance through the Legal Aid process; referrals to specialized services in the community; accompaniment to court proceedings and legal appointments when appropriate.