

# Muskoka Resources

For support and information on Gender-Based Violence (GBV)

CURATED BY

YWCA Muskoka

Fewer than 40 per cent of the women who experience violence seek help of any sort. The resources listed are here to offer immediate and ongoing support for GBV. In danger? Call 911.

## Local Resources

- [Muskoka Interval House](#)  
705-645-4461, Toll Free: 1-800-461-1740  
[www.mwag.ca](http://www.mwag.ca)
- [Chrysalis](#)  
705-789-8488, Toll Free: 1-866-789-8488
- [Muskoka Parry Sound Sexual Assault Services](#)  
Toll Free: 1-800-461-2929  
[www.mpssas.org](http://www.mpssas.org)
- [Muskoka Victim Services](#)  
Toll Free: 1-844-762-9945  
After Hours: 1-877-229-2217  
[www.muskokavs.ca](http://www.muskokavs.ca)
- [Canadian Mental Health Association: Muskoka Parry Sound](#)  
705-645-2262, Toll Free: 1-800-245-5036  
[www.mps.cmha.ca](http://www.mps.cmha.ca)
- [B'Saanibamaadsiwin](#) - Indigenous care that is culturally safe. 705-746-2512

## 24/7 Help Lines

- Ontario Victim Services  
1-888-579-2888
- Assaulted Women's Helpline  
1-866-863-0511
- Talk4Healing (For Indigenous Women)  
1-855-544-HEAL (4325)
- Kid's Help Phone  
1-800-668-6868

## Additional Resources

Click on any resource listed below to go directly to their website:

- [Shelter Safe](#)
- [211 Social Service Information](#)
- [Canadian Women's Foundation](#)
- [Facts on Gender-Based Violence](#)
- [Fact Sheets on Violence Against Indigenous Women and Girls](#)
- [Mulberry Finder - GBV Resources](#)



Signal for Help is a one-handed sign someone can use on a video call to silently show they need help. If you see the Signal for Help, check in with the person safely to find out what they need and want you to do. The Signal was launched by Canadian Women's Foundation in response to COVID-19.