

About Us



Using Our Influence (UOI) is an alliance of women leaders in the Annapolis Valley of Nova Scotia who are passionate about shifting our dominant culture of violence and abuse, especially in the lived experience of rural women and girls.



Chrysalis House provides crisis, shelter, outreach and transitional support to women and their children who have experienced or are at risk of experiencing violence and abuse.

We work with individuals, organizations, and businesses in our community to end violence against women. We provide public education sessions and information about violence against women to individuals and organizations upon request.

We believe in the right of women to determine their own path to a life free from violence and abuse.

We believe by actively working together we can build safer, stronger communities for everyone.

For more information:
www.chrysalishouseassociation.org

Resources

211 Nova Scotia	211
NS Provincial Mental Health Crisis Line	902.429.8167
Kids Help Phone	800.668.6868
The Trevor Project (LGBTQ+ Hotline)	866.844.7386
Transition House Association of NS	855.225.0220
VANSDA	902.678.7410
Hope For Wellness Help Line	855.242.3310
Healing Centre Millbrook Family Healing Centre	24 Hour Help Line: 902.893.8483
	Toll Free: 800.565.4741



Creating a Safer COMMUNITY

“The greatness of a community is most accurately measured by the compassionate actions of its members.”

Coretta Scott King





Creating a Welcoming Environment

Here are some suggestions to make a space more comfortable... for everyone.

Offer comfortable seating options

Furnish with warm, soothing colours

Use soft lighting

Ensure exits are visible and easily accessible

Use positive language and inclusive symbols

Offer a space for privacy if possible

Check-in with coworkers/friends/clients

Offer information for community resources

Have accessible routes for individuals with disabilities

Treat everyone with respect

Signs of Distress

Emotional Signs

Direct statements about sadness, irritability, or anxiety

Noticeable difference in emotions

Loss of interest in activities they used to enjoy

Expressed desire to hurt self or others

More withdrawn or animated than usual

Angry or hostile outbursts

Increasingly demanding or dependent behaviour

Trouble concentrating or completing important tasks

Physical Signs

Unexplained injuries (e.g., bruises, cuts, burns)

Unusual inability to maintain eye contact

Excessive smoking/drinking/drug use

Low energy or fatigue

Frequent or chronic illness

Noticeable change in speech (slowed or rapid)

Neglect of personal hygiene



How Can You Help?

Listen Non-Judgementally - this allows the individual to sort out their feelings

"I'm listening if you want to talk."

Reflect Back - this allows the individual to feel heard and valued

"I want to make sure I understand. You are saying..."

Be Empathetic - validate their feelings and provide support

"I can only imagine how distressing that must be..."

Give Positive Affirmations

"You're handling this well. This is an example of the strength you have."

Explore Options

"What do you need right now?"

"Can I do anything for you?"

"What would you like to see happen now?"

Select a First Step or Make a Plan

Meet an immediate need: Supply a blanket, hot beverage, etc.

Encourage them to take deep breaths

Call a trusted person

Distract them: music, deep breathing, grounding exercise, etc.

If someone is actively suicidal or exhibiting unsafe behaviours

Call for help

911

