

## A HELP NETWORK

Abitibi-Témiscamingue	819 797-5599 (free) 1 866 335-5599
Bas-Saint-Laurent	418 724-0976 (free) 1 800 820-2282
Capitale-Nationale et Chaudière-Appalaches	418 648-2190 (free) 1 888 881-7192
Centre-du-Québec	819 472-1110 (free) 1 888 472-1110
Côte-Nord	418 962-2822 (free) 1 866 962-2822
Estrie	819 820-2822 (free) 1 877 822-2822
Gaspésie-Îles-de-la-Madeleine	418 689-4331 (free) 1 866 892-4331
Lanaudière	450 755-6127 (free) 1 888 755-6127
Laurentides	450 569-0332 (free) 1 800 492-2822
Laval	450 688-4581 (free) 1 877 629-4580
Mauricie	819 373-0337 (free) 1 888 552-2822
Montérégie	450 670-3400 (free) 1 888 670-3401
Montréal	514 277-9860
Nunavik (Nord-du-Québec)	819 964-2053 (free) 1 866 778-0770
Outaouais	819 778-3555 (free) 1 800 331-2311
Saguenay-Lac-Saint-Jean	418 543-9695 (free) 1 877 543-9695
Mistissini	418 923-2751 (free) 1 855 604-6137
Chisasibi	819 855-2139 (free) 1 855 603-6136
1 866 LECAVAC ou 1 866 532 2822	

In some CAVAC, depending on the region, services are offered in English, Spanish, and Aboriginal and Inuit languages

Justice Québec  PARTNER OF THE NETWORK **CAVAC**

# CAVAC

CRIME VICTIMS  
ASSISTANCE CENTRE



## Trained to support you

help	guide
listen	assist
support	inform
advocate	advise
intervene	accompany



**1 866 LECAVAC (532 2822)**  
cavac.qc.ca



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cavac.qc.ca

**Have you been a victim or a witness of a crime?  
Are you a close relation of a victim?  
Help exists. Don't hesitate to contact us!**

## Regardless of:

- The nature and gravity of the crime
- When the crime occurred
- Whether the perpetrator has been identified
- Whether the victim has filed a complaint

The **FREE** and **CONFIDENTIAL** services offered by the CAVAC Network are for you!

## The CAVAC Network

**The Réseau des centres d'aide aux victimes d'actes criminels, a network of assistance centres for victims of crime, includes 17 CAVACs. These non-profit organizations give you access to professionals trained in intervention. Distributed through every region of Québec, they have 170 access points available to help you.**

A crime may result in various consequences specific to each person, whether he or she is a direct victim, a witness or a close relation:

- **Physical consequences**  
(injuries, insomnia, eating problems, etc.)
- **Psychological consequences**  
(anxiety, fear, anger, nightmares, etc.)
- **Social consequences**  
(isolation, suspicion, fear of going outside, etc.)
- **Financial consequences**  
(loss of income, taking medication, moving, etc.)
- **Spiritual consequences**  
(loss of meaning of life, loss of confidence, etc.)

**You can be reassured!** Although these reactions are destabilizing, they are normal and indicate the presence of post-traumatic shock. Professional help can assist you. Our caseworkers are trained to evaluate your needs and intervene with the aim of reducing the consequences of the crime.

## Trained professionals to support you

The CAVAC Network's multidisciplinary teams are composed of caseworkers from various professional orders, particularly:

- criminologists
- social workers
- psychoeducators
- sexologists

You will benefit from their expertise in post-traumatic intervention and the court system.

## Psychosociojudicial services

### **Post-traumatic and psychosocial Intervention:**

evaluation of your needs and resources to offer you an intervention adapted to reduce the consequences of the crime and favour your recovery.

### **Accompaniment:**

during approaches with the police and different available resources, support throughout the judicial process, particularly for testimony in court.

### **Information on your rights and remedies:**

compensation programs, judicial process and other remedies.

### **Legal information:**

filing a police complaint, follow-up of different steps of the court proceedings and decisions that concern you.

### **Technical assistance:**

support to help you file applications or produce documents to exercise your rights (IVAC / compensation for victims of crime, victim impact statement, etc.).

### **Referral to specialized resources:**

to meet your more specific needs of a legal, medical, social or other nature.