



NOVA VITA
Help • Hope • Heal

Domestic Violence Prevention Services

Emergency Shelter



Nova Vita offers a safe place for women* (16+) and their children who are experiencing violence, abuse, or homelessness. Our crisis support counsellors are available 24 hours a day, seven days a week.



For More Information

📞 **519-752-1005 x 221**

✉️ **INFO@NOVAVITA.ORG**

EMERGENCY SHELTER

Nova Vita's 33 bed emergency shelter offers:

- Crisis counselling & safety planning
- Trauma-informed & harm-reduction support
- Children's programs & parenting support
- Healthy meals & snacks
- Clothing, hygiene products & baby essentials
- Assistance with finding housing
- Referrals to community supports
- Resources for cultural & diverse needs
- Advocacy & system navigation

24 HOUR CRISIS & SUPPORT LINE

Available 24/7 via phone, text, or webchat to offer support, safety planning, information, and referrals to individuals who have experienced violence, abuse, or homelessness. Also available to friends, family, service providers, and to those who have caused harm in their relationship.

519-752-HELP | novavita.org/chat

CHILDREN'S PROGRAMS

Provides trauma-informed counselling and support to children of all ages who have witnessed or experienced abuse in their home. We also provide information, counselling, and support to parents/caregivers. Services are available both in shelter and in the community.

*Includes gender-diverse individuals

24 HOUR CRISIS & SUPPORT

☎ 519-752-HELP (4357)

💻 NOVAVITA.ORG/CHAT

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