

DOMESTIC ECONOMIC ABUSE CHECKLIST

If you check any of these boxes, you have most likely experienced **Economic Abuse** in your intimate relationship.

- My partner controlled all the money. I had no say in how our finances were spent.
- I had to ask my partner for money whenever I wanted to buy something.
- I did not feel safe to ask my partner questions about money.
- I trusted my partner and now I am left with all the debts.
- My partner took a loan in my name without my knowledge.
- I wanted to return to work and my partner sabotaged all my attempts.
- My partner gambled all of our money.
- My partner has rarely or never paid child support.
- My partner stole money from our savings account.
- My partner convinced me to lend him money and never paid me back.

ABOUT US

The **Canadian Centre for Women's Empowerment (CCFWE)** is the only national non-profit organization based in Ottawa, dedicated to addressing all types of **Domestic Economic Abuse** through advocacy, education, research, economic empowerment, and policy change.

CCFWE works collaboratively with organizations and individuals to develop a comprehensive approach that enables domestic violence survivors to recover from **Economic Abuse**. CCFWE also addresses critical policy gaps, which prevents survivors from recovering and becoming economically secure and independent.



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SCAN ME



Domestic Economic Abuse and Financial Literacy Program

My Money, My Freedom



Empowering Survivors of
Domestic Economic Abuse to
Build Financially Strong Futures.

Supported by



TD READY
COMMITMENT



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ABOUT THE PROGRAM

My Money, My Freedom is a first of its kind **six-week financial literacy training** program for survivors of **Domestic Economic Abuse**, undertaken with the financial support of the TD Bank Group. Through the program, participants will gain **essential skills**, enabling them to understand and **manage their finances** and increase their confidence to maintain healthy financial relationships.

The program includes **6 educational modules** that cover a wide range of topics, such as **shame and domestic economic abuse, credit and loans, coerced debt, budgeting and safety planning**. Each module lasts 1.5 hours and provides participants with a presentation, hands-on activities, and a supportive space for discussion. The program will be delivered **virtually** between **November 2023 and March 2024** with a small group of survivors in women's shelters in Ottawa.

Each participant will receive a certificate after their successful completion of the program.

WHO IS IT FOR?

- Survivors of domestic economic abuse - priority will be given to women who identify as Black, Indigenous and People of Color.
- Women who currently reside in a shelter or women who are in transition from shelter to independent living.
- Women who want to increase their self-esteem and confidence in managing their finances.

PROGRAM BENEFITS:

By joining the program, participants will become more confident to:

Manage Finances with Ease

Recognize Economic Abuse

Set Healthy Financial Boundaries

Understand Loans, Credit, and Debt

Create Financial Safety Plan

Protect Themselves from Identity Theft



WHAT IS FINANCIAL LITERACY?

Financial literacy refers to the knowledge and skills necessary for diverse individuals to manage finances effectively.

WHAT IS DOMESTIC ECONOMIC ABUSE?

Domestic Economic Abuse is about power and control in intimate relationships. It is a form of domestic violence where one partner controls economic resources, access to finances, or the ability of the other partner to make money. As a result of this controlling behavior, the victim/survivor often becomes economically dependent on the abuser and therefore with limited options to leave the relationship. Economic abuse can continue after the separation. Anyone can become the victim of this type of violence. The term is often used interchangeably with financial abuse.

