

Age & Opportunity Inc. is a social service agency that offers life enhancing programs and services to older adults.

Age & Opportunity's programs and services support and enhance the physical, intellectual, emotional, social and spiritual lives of older persons and actively promote participation in all aspects of community life.



"I feel like I can finally enjoy life again" -*Safe Suite client*

"I didn't realize how lonely I was before I came to the suite. I never thought I could be this happy!" -*Safe Suite client*

"Your spirit of co-operation, caring, thoughtfulness, compassion and dedication is immeasurable and greatly appreciated by our family" -*Family member of a Safe Suite client*

If you or someone you know needs a safe place, please call:

In Winnipeg: 956.6440

or

Toll Free: 1.888.333.3121

For more information about Age & Opportunity programs & services, call the central office at:

(204) 956.6440

or visit us online at:

www.ageopportunity.mb.ca

This project is made possible through a partnership with:



THE MANITOBA HOUSING AUTHORITY



Winnipeg Regional Health Authority / Office régional de la santé de Winnipeg
Caring for Health / À l'écoute de notre santé



Brochure generously designed by better together photography.

falling victim to mistreatment at the hands of others leads to feelings of mistrust and vulnerability
emotional support is available for elders who have been violated and mistreated
injuries can be sexual, physical, financial or emotional
are you experiencing feelings of shock, fear, or anxiety?
falling victim to mistreatment at the hands of others
feelings of mistrust and vulnerability
are you experiencing feelings of shock, fear, or anxiety?
neglect breeds feelings of shame
neglect breeds feelings of shame
support is available for elders



confidence
safety sense of security dignity pride empowerment stability independence freedom confidence self-reliance safety sense of purpose security dignity pride empowerment stability independence freedom confidence self-reliance safety sense of purpose security dignity pride

Come in out of the rain.

Age & Opportunity's
Safe Suite
1.888.333.3121



Age & Opportunity's Safe Suite

The Safe Suite...

Provides temporary, free housing for men and women, 55 years or older, who are in need of a safe place to stay due to abuse or neglect.

Clients are given...

- Furnished accommodations for up to 60 days at no cost
- Counselling services
- Connections to community resources
- Victoria Lifeline Support
- Practical assistance in arranging finances, housing and legal services.

What is elder abuse?

Any action or lack of action by someone in a position of trust that harms the health or well-being of an older adult.

A safe place for older adults...

What types of abuse are there?

- Physical
- Emotional
- Psychological
- Sexual
- Financial
- Neglect

Who are potential abusers?

- Friend
- Child
- Partner
- Caregiver
- Spouse
- Neighbour
- Grandchild

Things to Remember...

- You are not alone. Abuse can happen to anyone.
- If you are being abused, you do not need to feel ashamed. It is not your fault.
- If you are being abused, there is help available. Call 956.6440 in Winnipeg or toll free 1.888.333.3121

Donations to support Age & Opportunity's Safe Suite are gratefully accepted.

Name _____

Address _____

City/Province _____

Postal Code _____ Phone Number _____

Email _____

Donation Amount _____

Cheques may be made payable to:
Age & Opportunity Inc.

Visa/MC _____

Card Number _____

Expiry Date _____

Signature _____

**Please send your gift to:
Age & Opportunity Inc.
200-280 Smith Street
Winnipeg, MB R3C 1K2
or call: 204.956.6440**

Tax receipts will be issued for donations of \$10.00 or more.
Charitable Organization
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