

# What is Economic Abuse?

Economic abuse is a form of control in intimate relationships where one partner restricts access to financial resources, limits the other's ability to earn income, or otherwise manages finances to create dependency. This control can trap survivors in the relationship and often continues after separation. Sometimes referred to as financial abuse, it's a form of domestic violence that anyone can experience, regardless of background.

## Recognizing Economic Abuse in Relationships

Economic abuse can take many forms and often impacts an individual's financial independence and well-being. If any of the following apply, you may have faced economic control in your relationship:

- Did you feel excluded from financial decisions, with no say in how money was spent?
- Did you have to ask for money for personal needs or purchases?
- Did you feel uneasy or unsafe discussing finances with your partner?
- Are you managing hidden debts or financial burdens left by your partner?
- Did your partner ever take out loans in your name without your knowledge?
- Were you prevented from working or seeking employment?

## 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 **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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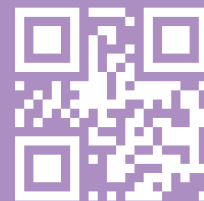
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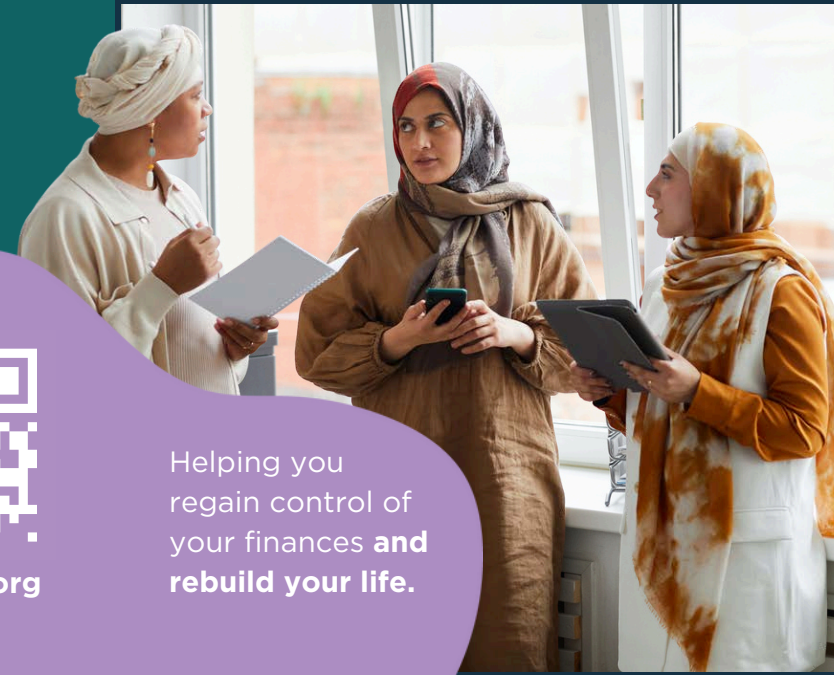


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# Reclaim and Rise

## A Safe Space for Refugee Survivors of Economic Abuse



Helping you  
regain control of  
your finances **and**  
**rebuild your life.**

## What is Financial Literacy?

Financial literacy is the knowledge and skills needed for individuals to confidently manage their finances and make informed financial decisions.

## About the Program

Our Financial Empowerment Program is designed to help refugees who have experienced financial hardship build lasting resilience and independence. The program includes six weeks of virtual financial literacy training, during which participants develop essential skills like managing debt, budgeting, and creating financial safety plans.

Trainings will run from January 2025 to September 2027.

## How We Support Your Financial Goals

Our program provides personalized financial education, debt management tools, resource connections, and a supportive community to help you achieve financial security and regain control of their financial future.

## Designed for Refugee Survivors

Refugees encounter unique financial challenges, such as economic uncertainty, language barriers, and limited access to essential financial resources. Our program is designed to address these challenges directly, providing supportive tools and guidance.

### This program is for:

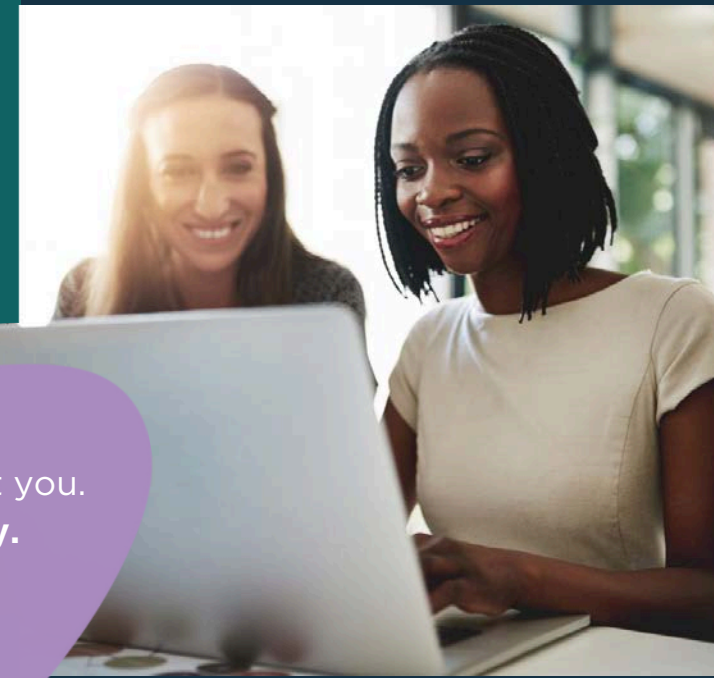
- Refugee survivors who have experienced financial control or economic hardship.
- Refugees interested in joining a supportive, understanding community.
- Individuals with limited access to banking and financial resources.
- Refugees seeking pathways to rebuild financial independence
- Those looking to strengthen practical financial skills for a stable and secure future.

## Ready to Rebuild Your Financial Life?

Join our Financial Empowerment Workshops, designed specifically for refugee survivors. We provide confidential, culturally responsive support to help you feel confident in managing your finances.

Sign up today for our next workshop and take the first step toward financial stability and independence.

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We're here to listen and support you.  
**You're not alone on this journey.**