

A close-up, black and white photograph of a woman's face, focusing on her nose and mouth. The image is slightly blurred, creating a somber and intimate atmosphere. Overlaid on the lower part of her face is a quote in large, white, sans-serif font.

**“I'm worried
about my mom.”**

Call or text 310-1818

Family Violence Info Line

If someone you know is experiencing domestic or family violence, we are here to help – 24 hours a day, seven days a week.

Available in more than 170 languages.

Chat online now. Alberta.ca/FamilyViolenceHelp

Alberta 