



## Programme Details

Our programmes run from 8-16 weeks, depending on the programme chosen.

**Time:** Evening and daytime programmes available

**Venue:** Details on enrolment

**Cost:** \$50-\$100 for the complete programme (based on a sliding scale)

**Donations:** Can be made via Internet banking

**Account:**  
ASB Bank 12-3012-0760991-00

Ref: Name, Programme name

## About Us

Inner City Women's Group (ICWG) has supported women, especially those affected by domestic violence, since 1988. We specialise in delivering programmes about:

- ▶ Freedom from abuse and violence
- ▶ Women and anger
- ▶ Assertiveness, communication, confidence building skills and strategies
- ▶ Parenting support for women affected by domestic violence
- ▶ Prevention and violence education
- ▶ Coping with the aftermath of trauma

ICWG is an independent Charitable Trust. We are approved by the Ministry of Social Development, Ministry of Justice and Department of Corrections.

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Phone: 09 360 4933  
Phone: 09 279 8727

[www.innercitywomensgroup.org.nz](http://www.innercitywomensgroup.org.nz)  
[www.facebook.com/innercitywomensgroup/](http://www.facebook.com/innercitywomensgroup/)

Preventing violence against women  
Te Araitanga Tukino Whare



Support & education  
for women  
affected by violence  
and abuse

Call us on:  
09 360 4933 or 09 279 8727  
Or visit our website  
[www.innercitywomensgroup.org.nz](http://www.innercitywomensgroup.org.nz)

# Our Vision

Inner City Women's Group's vision is to help break cycles of family violence, domestic abuse and child abuse. We offer professional expertise that supports positive change for women whether they are victims or perpetrators of abuse and violence.

Inner City Women's Group has branches in Auckland Central and Papatoetoe, providing programmes in other community-based venues across Auckland. We are committed to ensuring our programmes are accessible to all women within the community, regardless of income.

We collaborate with other community agencies to support women and their families/whānau.



# Our Programmes

## **Breaking the Cycle: Freedom from abuse and violence**

Many women experience abuse in their relationships with their partners or family members. The abuse can be physical, emotional or sexual. The purpose of this programme is to give you the support and practical information you need to increase your safety and rebuild your self-esteem and confidence.

## **Between Mother and Child: Parenting in the context of domestic violence**

We understand that violence in the home affects both you and your children and presents unique challenges. The purpose of this programme is to make sense of what is happening between you and your child and to learn new ways of functioning as a mother. You will learn new tips and tools that will help in creating a safe and loving home.

## **Irate: Women and Anger**

Anger is a signal and one worth listening to. The programme provides opportunities for you to observe and recognise everyday conflict patterns in your families, relationships and work situations. You will learn new skills that will improve your communication and relationships.

## **Reclaiming Myself: assertiveness, communication and life skills support**

This programme is focused on helping you learn more about yourself including where your beliefs and past behaviours might originate from and how this impacts you currently. The course teaches you new skills for understanding relationships and different ways of communicating.

## **Pave: women's stopping violence programme**

The purpose of this programme is prevention and violence education for women offenders. The programme focuses on learning skills to manage and deal with everyday situations in non-violent ways. Ministry of Justice and Corrections referrals only.

## **After the Storm**

Being in an abusive relationship or experiencing challenging life events can cause ongoing stress and trauma that can make life a lot harder to manage. The programme will help you learn more about the impact of abuse and trauma on how you feel and function and you will be offered strategies for coping and managing your life well.