



southcentralwestauckland

Family violence support services for women

## Support and education for women affected by violence and abuse

### New groups starting in February & March 2017

#### **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.

#### **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 these impact on you currently. The course teaches you new skills for understanding relationships and different ways of communicating.

#### **After the Storm:**

Being in an abusive relationship or experiencing challenging life events can cause ongoing stress and trauma which 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 some strategies for coping and managing your life well.

### Programme Locations: Grey Lynn, Henderson, & Papatoetoe

For enrolments call: 09 360 4933/ 09 279 8727

or visit: [www.innecitywomensgroup.org.nz](http://www.innecitywomensgroup.org.nz)

*Innecity Women's Group has supported women, especially those affected by domestic violence, since 1988.*

*We are approved by the Ministry of Social Development, Ministry of Justice and Department of Corrections.*

*All programmes are available free of cost or by donation only*