



Preventing Violence Against Women
Te Araitanga Tukino Whare Tangata

FAMILY VIOLENCE SUPPORT & EDUCATION PROGRAMMES FOR WOMEN

TERM IV BEGINS 11TH AUGUST 2014



Providing Family Violence Support and Education to
Women since 1988

RECLAIMING MYSELF: ASSERTIVENESS, COMMUNICATION AND LIFE SKILLS SUPPORT- Helps to build self-esteem and confidence. Creating healthy boundaries and learning to care for yourself is the focus of this course.

IRATE: WOMEN AND ANGER- Focusses on learning safe ways to express anger. Helps to develop effective & non-violent communication skills.

BETWEEN MOTHER & CHILD: PARENTING IN THE CONTEXT OF DOMESTIC VIOLENCE- Learn good discipline strategies and ways to build a warm and effective relationship with your child.

BREAKING THE CYCLE: FREEDOM FROM ABUSE & VIOLENCE Stage I & II- Assists women to understand the cycle of abuse. Provides strategies for handling conflict and building self-confidence.

Programme Locations: Grey Lynn, Henderson, Mt. Albert & Papatoetoe
For enrolments call: 09 360 4933/ 09 279 8727 or email: icwg@xtra.co.nz
www.innecitywomensgroup.org.nz

All programmes are available free of cost or by donation only