

Is Someone Hurting You or Your Children?



We will give You the Key to Break Free



Ask us about:

Women's DVA Education Programme

Children / Tamariki Programmes

We Can Help You

- 24 hour, 7 days a week confidential phone line
- Safe emergency accommodation
- Education Programmes for women, young persons and children
- Information about your legal rights, protection orders, benefits, housing
- We can go with you to appointments with Work & Income, Lawyers, Court, C.Y.F.S.s Housing Agencies
- Support in your own home or community
- Help to get out of town - there are refuges all over the country.

"Nobody can make you feel inferior without your permission." – Eleanor Roosevelt