

## Course Outline

Session 1	What is Family Violence?
Session 2	Tactics of Abusers
Session 3	Victim Blaming
Session 4	Effects of Violence on Women
Session 5	Structural Analysis
Session 6	Survival Tactics
Session 7	Domestic Violence Act 1995
Session 8	Effects of Violence on Children
Session 9	Communications and Boundaries
Session 10	Safety Plan and Freedom

**10 x two hour sessions**

## Primary Objectives

***“To protect all women from Family Violence by Education, Information, Support and Options”***

**To** empower women to deal with the effects of Family Violence by educating, informing, supporting and building self-esteem

**To** increase the understanding about the nature and effects of Family Violence including the Intergenerational Cycle of Violence

**To** provide information about:

- The effects of a Protection Order and the way in which the DV Act 1995 operates
- Building Support Networks
- Intergenerational Abuse
- Why do women stay
- Children's Programmes
- Myths of Abuse
- Safety Plans
- Men's Programmes
- Boundaries
- Cycle of Violence
- Power and Control Wheel
- Communications
- Freedom

**To** raise women's awareness of the social, cultural and historical context in which Family Violence occurs in order to help put past experiences into perspective

**To** assist women to assess safety issues and put in place strategies to maximise her and her children's safety



# **We will give You the Key to Break Free**



Mid-South Island Women's Refuge & Family Safety Services are accountable to:

N.C.I.W.R. The National Collective of Independent Women's Refuges

Domestic Violence (Programmes) Regulations 1996 and Domestic Violence (Programmes) Amendment Regulations 2002

Mid - South Island Women's Refuge  
& Family Safety Services  
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Phone: (03) 684-8280

**0800-00-77-50**

Email: [scwr@farmside.co.nz](mailto:scwr@farmside.co.nz)

## **Other Services Provided**

- 24 hour, 7 days a week confidential phone line
- 24 hour, 7 days, safe emergency accommodation
- Information about your legal rights
- Information about benefits
- Referrals to - lawyers, doctors, counsellors
- Advocacy - at Lawyers, Work and Income, Court, Housing, C.Y.F.'s etc
- Support in your own home
- Help to relocate, home, schools

Mid-South Island Womens Refuge  
& Family Safety Services  
are supported by:

The National Collective of  
Independent Women's Refuges  
Ministry of Social Development  
Ministry of Justice  
Pub Charity  
Southern Trust  
Patricia France Charitable Trust  
NZ Lotteries



Mid - South Island Women's Refuge  
& Family Safety Services

## **Steps to Freedom**

Women's DVA Education  
Programme



**Group and Individual  
Programmes Available**