

HOW SVS CAN HELP:

- Provide a programme that is easy to manage
- Work in a supportive non-blaming way
- Help to identify and understand the events and feelings that lead to anger and violent outbursts
- Identify high risk situations which should be avoided
- Develop a plan that will keep you and others safe
- Offer full support during the process of change
- Provide you with the skills and knowledge to stop using power and control tactics over others

SVS workers are men and women from many different backgrounds, who have undergone extensive training and been accredited for this work.

In 2008 we began 'Enabling Youth', a full time programme dedicated to providing group and individual support to Canterbury's young people, both male and female.

Also available is an education programme for the parents, caregivers and support personnel of young people who are challenged by abusive behaviours.

SVS is an Accredited MOJ, MSD & CYPS Provider of Domestic Violence Programmes and an Approved Adult Community Education Provider with the Tertiary Education Commission.



Stopping Violence Services acknowledges Section 6 of the CYP&F Act 1989; that the welfare and interests of the child or young person shall be the first and paramount consideration.



**STOPPING
VIOLENCE
SERVICES**

STOP VIOLENCE AND ABUSE

& Learn respectful ways to resolve conflict

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TIMARU PROGRAMME ALSO AVAILABLE



**STOPPING
VIOLENCE
SERVICES**



**Do any of
the following
apply to you?**

- ✂ You are having conflict with your partner and/or family or at work
- ✂ You're getting in trouble with police
- ✂ People tell you that you have a problem with your temper
- ✂ You feel frustrated and don't know what to do. You feel angry at the world
- ✂ You find it hard to talk about what's going on. You bottle things up
- ✂ You assault or abuse people when using alcohol and other drugs
- ✂ You have trouble controlling your temper – have a short fuse

**Would
you like
to:**

- Break the pattern of acting out violently?
- Be a person who others aren't frightened of?
- Manage frustration at work respectfully?
- Stand up to peer pressure?
- Have a long-term happy relationship?
- Be able to argue without getting angry?
- Stay out of trouble?
- Talk about what is going on for you?
- Change self defeating thinking?
- Change behaviour you don't like?
- Understand other people more?
- Have a range of different skills to deal with frustration?
- Think of the past without getting angry?
- Get on better with your partner and family?
- Stop hurting your family?
- Ensure your children live free from family violence?

STOP VIOLENCE

and discover OK ways to cope with frustration and anger

FOR MORE INFORMATION

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