



Newcastle Domestic Violence Resource Centre.

For help and information relating to Domestic Violence, [phone 4927 8529](tel:49278529)

WE ALSO PROVIDE links to services such as:

Crisis Accommodation

Housing Services

Financial Services

Welfare Support Agencies

Legal Assistance/Court Support

Specialised Counselling

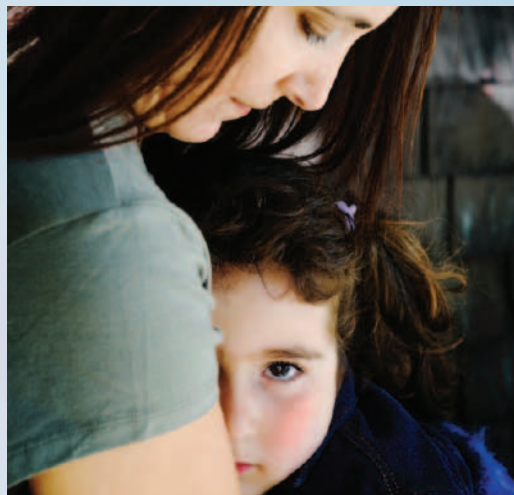
Children's Services

Support groups , *including support groups for women and children exposed to domestic violence, groups for parents and “anger management” groups for offenders.*

Donations to this service can be made via the [givenow](http://www.givenow.com.au) website below:

www.givenow.com.au/jennysplace

All donations over \$2.00
are tax deductible



VIOLENT OR ABUSIVE RELATIONSHIP .. ?

Time to do something about it .. ?



Newcastle Domestic Violence Resource Centre.

Call 4927 8529

We assist individuals,
family members
and community members.

www.domesticviolencenewcastle.com.au

This service is an initiative of Jenny's Place Women & Children's Refuge.

What is Domestic Violence?

... all or any of the following

Physical Assault

Pushing and shoving

Sexual Assault

Constant Verbal Abuse

Threats or Intimidation

Not being allowed out of home,
not allowed to have family or friends visit

Being denied access to money

Constant Criticism

Being Humiliated

Damaging property

Use of mobile phones or electronic
media to harass, humiliate or intimidate.

Domestic violence may occur when power and need for control in a relationship are not equal. This may be less evident at first, but often becomes worse over time.

(In a healthy relationship there is more mutual respect and more “give and take”)

Offenders may be partners, a family member, or someone close to you.

It is a crime .*

* Laws vary in different states.



HOW CAN WE HELP?

We can link you to help in a range of areas - e.g:

LEGAL:

There are legal steps, such as taking out an AVO (Apprehended Violence Order), for your protection – even if you are still living together.

PRACTICAL:

In some cases you can access services to improve your home security & replace locks and keys etc.

EMOTIONAL SUPPORT:

Physical violence or constant verbal aggression or criticism can be very damaging to a person's confidence and self-esteem.



Starting to understand what has been happening and how to stop the violence from continuing, is the first step towards empowerment, better relationships & freedom from abuse.