

Abuse has many forms

Verbal:

Excessive yelling, name-calling, controlling what someone does, put-downs, shouting, threatening.

Physical:

Shaking, slapping, hitting, kicking, forcibly restraining, punching and scratching. This can be towards a partner or children.

Emotional:

Putting someone down, humiliating someone, name-calling, using manipulation to get your way, playing mind games, eroding someone's self-esteem.

Using Privilege:

Putting yourself first, not letting others have their opinion, dominating someone.

Sexual:

Imposing sexual contact on others or your children or using humiliating sexual language.

Other Services we offer:

Children's and Teenager's Programmes
Individual Counselling
Couples Counselling
Men's Living Without Violence
Programme

Respect is a community organisation based in Takapuna. Our main purpose is to facilitate breaking the cycle of violence against women, children and men.

We offer both group (14 weeks) and individual programmes. Online services are also available.

For Perpetrators of violence, we offer education programmes: Examining beliefs and actions that result in abusive behaviour. Learning ways to have non-abusive respectful relationships.

For Victims of abuse or violence, we offer support and education programmes: Education to recognise signs and effects of abuse. How to live lives free of abuse and violence.

We offer support and education programmes for children and teenagers affected by violence or abuse. Learning to deal with the effects of violence in healthy ways.

Member of:

National Network of Stopping Violence Services
Te Kupenga Whakaoti Mahi Patunga



Relate Group



A Programme for Women

Are you having issues with stress or anger in your life?

**Ph: 0800 426 437
or 489 3770**

www.respect.org.nz | admin@respect.org.nz

Who will benefit from a Relate Programme?

All women can benefit from a Relate Programme.

The Relate Programme teaches women positive ways to relate to themselves and others. It also helps women to understand any barriers to communicating respectfully with their partners, children, family members or others in their lives.

One focus of the Programme is on the issue of anger. To understand what anger is and how to respond to it appropriately.

It also teaches women a range of skills, including learning how to deal with stress effectively, how to manage strong feelings and how to communicate with others in powerful, clear and respectful ways.

The topics covered include:

- Understanding our anger and emotions
- Management of anger and stress
- Intentions of disrespect, abuse and violence
- Understanding power and control
- Identifying and setting boundaries
- The cycle of change
- The intergenerational cycle of abuse and violence
- What is respect?
- Personal responsibility/accountability
- Making choices that enhance life
- Self-Care and life-balance

“The Relate Programme made me a lot stronger. It helped me understand anger and to realise that if I truly believed in what I thought, I could do it. It helped me realise how I wanted to live and how I wanted my children to live.”

What else do I need to know?

All clients attend an initial interview before coming into our programmes. At this interview we discuss how we may best meet your needs and address any other issues you may have.

We also run a **Strengthening Women** programme for women who have been in a relationship where there is disrespect, anger, abuse or violence. This programme provides women with the skills to understand what abuse is and how to live free of it. It also offers women self development opportunities in a supportive group environment.

If you would like information about this group please contact us on **489 3770** or talk with us at your initial interview.

