

Abuse has many forms

Verbal:

Excessive yelling, name-calling, threats isolating and restricting your freedom, controlling what you do, who you see, what you read and where you go.

Physical:

Shaking, slapping, punching, shoving, kicking, hitting, biting, scratching or use of a weapon.

Sexual:

Imposing sexual contact on you or your children, using humiliating sexual language.

Intimidation:

Using looks, actions, expressions or a loud voice to intimidate you. Smashing things, destroying property or pets.

Emotional:

Putting you down, refusing to acknowledge your feelings or ideas, humiliating you.

Using Male Privilege:

Treating you like a servant, deciding for your family about money, free time, friends and where to live.

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



Strengthening Women's Group



A Programme for Women

Is your partner abusive or violent towards you?

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

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

What can the Strengthening Women's Group do for you?

Provide support from women who understand your experience.

Offer a **safe and confidential environment** in which to talk about your experiences.

Provide information about **ways to keep yourself and your children safe.**

Offer you **skills** that will help you feel stronger.

For those still living with their partner – help you **see what choices you have** about leaving or staying in the relationship and what the outcomes of those choices may mean.

For those who have already left – give you an opportunity to **understand the dynamics of a controlling relationship** so you don't enter another one.

Inform you of **other support agencies** in the community.

Give you the opportunity to **plan for a brighter future.**

The topics covered include:

- Safety and Protection Orders
- Power and Control Tactics
- Cycle of Violence
- Society's Role in Violence Against Women and Children/Tamariki
- Impacts of Family/Whanau Violence
- Self Care
- Impacts of Violence on Children
- Rights and Boundaries
- Relationship Roles
- Self-esteem
- Assertive Communication
- Anger and Other Emotions
- Respectful and Equal Relationships
- Goal Setting



Some feedback

“Lovely teamwork between the facilitators, they're the 'A' Team. Great intuition and awareness of the group dynamic.”

“This course meant the difference between staying in a toxic, dangerous relationship or moving forward to new beginnings.”

“I just completely loved the group and looked forward to it every week.”

“This course is the best thing I have ever done. It was the first step in the process to healing all the years of abuse beginning with my own father.”