



centralsouthnorthwestauckland

Family violence support services for women

FAMILY VIOLENCE SUPPORT AND EDUCATION PROGRAMMES FOR WOMEN

- TERM V BEGINS 13TH OCTOBER 2014 -



RECLAIMING MYSELF: ASSERTIVENESS, COMMUNICATION AND LIFE SKILLS SUPPORT - Helps to build self-esteem and confidence. Creating healthy boundaries and learning to care for yourself is the focus of this course.

IRATE: WOMEN AND ANGER - Focusses on learning safe ways to express anger. Helps to develop effective & non-violent communication skills.

BETWEEN MOTHER AND CHILD: PARENTING IN THE CONTEXT OF DOMESTIC VIOLENCE - Learn good discipline strategies and ways to build a warm and effective relationship with your child.

BREAKING THE CYCLE: FREEDOM FROM ABUSE & VIOLENCE - Assists women to understand the cycle of abuse. Provides strategies for handling conflict and building self-confidence.

Programme Locations: Grey Lynn, Henderson, Mt. Albert & Papatoetoe
For enrolments call: 09 360 4933/ 09 279 8727 or email: icwg@xtra.co.nz

www.innecitywomensgroup.org.nz

All programmes are available free of cost or by donation only