

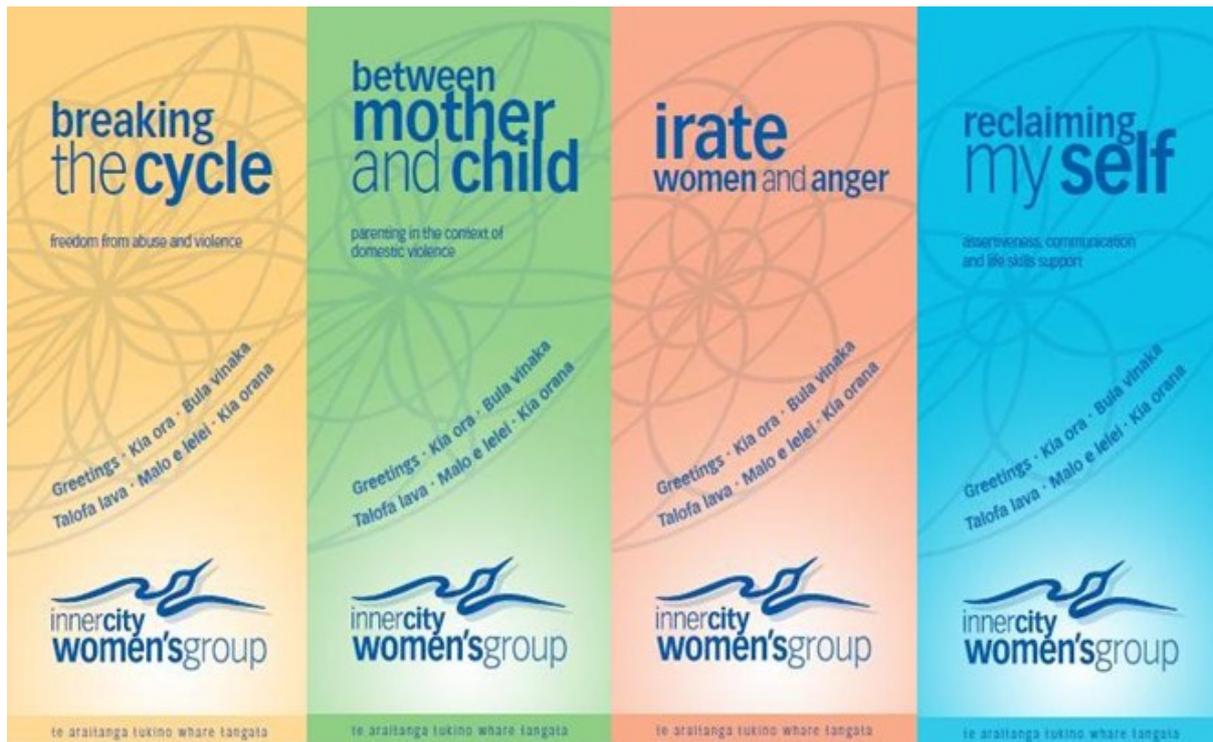


centralsouthnorthwestauckland

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](mailto:icwg@xtra.co.nz)**

**[www.innecitywomensgroup.org.nz](http://www.innecitywomensgroup.org.nz)**

All programmes are available free of cost or by donation only