

WHAT STEPS DO I TAKE?

1. Phone Stopping Violence Services on 03 365 6266 or 0800 478 778 in office hours.
2. Ask to speak to the coordinator of Women's Services, or leave a message if she is busy.
3. Arrange for an assessment time with her.
4. Join the Women's Living Without Violence Programme.
5. Use on-going support to maintain change and develop understanding.

ABOUT STOPPING VIOLENCE SERVICES

SVS offers a range of services to men and youths who wish to stop their violence and abuse.

SVS offers a range of services to women partners of men who are or who have been on a Programme.

SVS offers a range of services to women who have been in violent and abusive relationships.

SVS offers a range of services to women whose behaviour is harmful to others.

SVS is affiliated to the National Network of Stopping Violence Services / Te Kupenga Whakaoti Mahi Patunga. We adhere to their code of standards and practice.

SVS workers are men and women from many different backgrounds who have undergone extensive training and been accredited for this work.

Stopping Violence Services
Manchester Courts
Floor 3, 160 Manchester Street
Corner Manchester and Hereford Streets
PO Box 774
CHRISTCHURCH.
Phone: 03 365 6266 or 0800 478 778
Fax: 03 365 6180
e-mail: svs-chch@xtra.co.nz
www.angermanagement.org.nz



a change group for women aware that their behaviour is harmful to those close to them

WOMEN'S LIVING WITHOUT VIOLENCE PROGRAMME

Outlook Fine!



Stopping Violence Services
Christchurch

Women Living Without Violence



A group based on the belief that physical, sexual or psychological violence is not OK.
No violence: no matter what.



For women who are aware that the way they express their anger and use violence and abuse against others is harmful.



For women who are ready to change.



A chance for women to meet and talk with other women who have had similar experiences.



A chance to look for ways to learn and to grow.



A chance to gain a new understanding of yourself and others.



An empowerment based model that fosters the physical, emotional and spiritual well-being of women.

THE PROGRAMME

A sixteen week programme (we expect all those attending to make a commitment to attend all sixteen weeks).

The groups are led by experienced facilitators who have a special understanding of violence and skills in group work with women.

Understanding our own anger processes and responses.

Sessions include:

Starting My Changes

Introductions. Violence is more than hitting. It's a choice. The difference anger / violence. Immediate safety.

Safety Planning for Me and Others

Laws about violence. Tactics of violence. Effects of violence. Awareness of own use of tactics. Safety plans. Support.

Messages about Women and Anger

Society, history, culture.

New Patterns

Exploring safe responses when others use violence and abuse against us.

Old Patterns

Family ways of suppression / expression of anger.

Grief and Unresolved Issues

Family ways, personal experiences.



Communication

Effective communication. Listening skills. Giving and receiving constructive feedback.

Different Skills

New ways of anger expression. I statements.

Real Assertiveness

How to ask assertively for change and to maintain non violent responses. Clear communication.

Better Relating - New Priorities

Healthy relating. Assertive discipline. Developing relationships. Different styles. Important relationship qualities. Conflict resolution. Negotiation.

Keeping On with My Changes

Costs and benefits. Relapse. Goals. Review and consolidate. Support.