

HOW SVS CAN HELP:

- ✔ Provide a programme that is easy to manage
- ✔ Work in a supportive non-blaming way
- ✔ Help to identify and understand the events and feelings that lead to anger and violent outbursts
- ✔ Identify high risk situations which should be avoided
- ✔ Develop a plan that will keep you and others safe
- ✔ Offer full support during the process of change

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

In 2008 we began 'Enabling Youth', a full time programme dedicated to providing group and individual support to Canterbury's young people, both male and female.

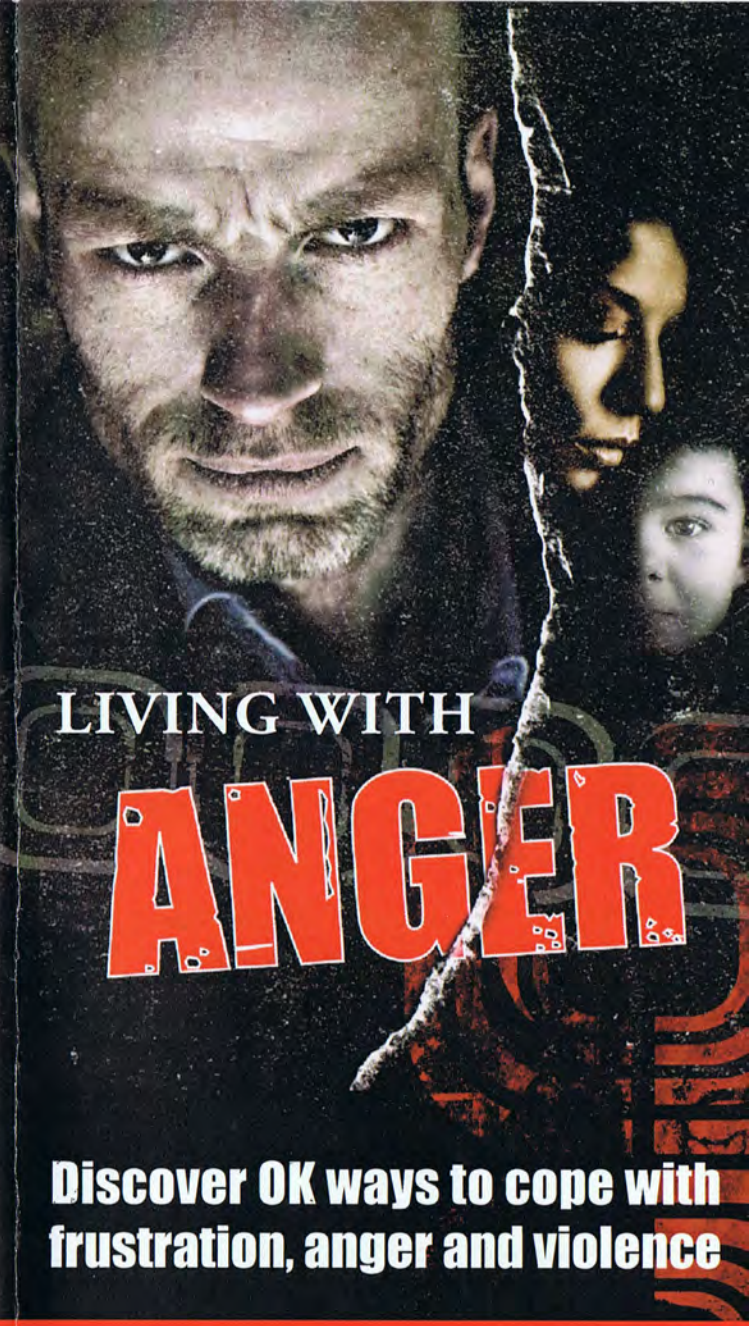
Also available is an education programme for the parents, caregivers and support personnel of young people who are challenged by abusive behaviours.

SVS is an Accredited MOJ, MSD & CYPS Provider of Domestic Violence Programmes and an Approved Adult Community Education Provider with the Tertiary Education Commission.

DOES THIS PATTERN FEEL FAMILIAR?



The speed at which abusive people travel round this circle will only increase with time. Many will take short-cuts and others 'live' in just one or two sections.



LIVING WITH ANGER

Discover OK ways to cope with frustration, anger and violence

FREE CALL: 0800 478 778

Level 3, 160 Manchester Street
(Corner of Manchester and Hereford Streets)
PO Box 774, Christchurch 8140
P: 03 365 6266 F: 03 365 6180

E: info@svschch.org.nz W: www.angermanagement.co.nz





**Do any of
the following
apply to you?**

- ❑ You are having conflict with your partner and/or family
- ❑ You're getting in trouble with police
- ❑ People tell you that you have a problem with your temper
- ❑ You feel frustrated and don't know what to do. You feel angry at the world
- ❑ You find it hard to talk about what's going on. You bottle things up
- ❑ You assault people when drinking
- ❑ You have trouble controlling your temper – have a short fuse

**Would
you like
to be able
to:**

- Get angry without having to blow?
- Break the pattern of acting violently?
- Be a person who others aren't frightened of?
- Handle frustration at work in a cooler way?
- Stand up to peer pressure?
- Have a long-term happy relationship?
- Be able to argue without getting angry?
- Stay out of trouble?
- Talk about what is going on for you?
- Be clear about what beliefs are important?
- Change behaviour you don't like?
- Understand other people more?
- Have a range of different skills to deal with frustration?
- Think of the past without getting angry?
- Get on better with your partner and family?
- Cruise through most weeks without getting upset?

STOP VIOLENCE

Discover OK ways to cope with frustration and anger

FOR MORE INFORMATION

FREE CALL: 0800 478 778



**STOPPING
VIOLENCE
SERVICES**