Newcastle Domestic Violence Resource Centre.

For help and information relating to Domestic Violence, phone 4927 8529

WE ALSO PROVIDE links to services such as:
- Crisis Accommodation
- Housing Services
- Financial Services
- Welfare Support Agencies
- Legal Assistance/Court Support
- Specialised Counselling
- Children’s Services
- Support groups, including support groups for women and children exposed to domestic violence, groups for parents and “anger management” groups for offenders.

Donations to this service can be made via the givenow website below:


All donations over $2.00 are tax deductible

VIOLENT OR ABUSIVE RELATIONSHIP .. ?

Time to do something about it .. ?

Newcastle Domestic Violence Resource Centre.

Call 4927 8529

We assist individuals, family members and community members.

www.domesticviolencenewcastle.com.au

This service is an initiative of Jenny’s Place Women & Children’s Refuge.
What is Domestic Violence?

... all or any of the following

- Physical Assault
- Pushing and shoving
- Sexual Assault
- Constant Verbal Abuse
- Threats or Intimidation
- Not being allowed out of home, not allowed to have family or friends visit
- Being denied access to money
- Constant Criticism
- Being Humiliated
- Damaging property
- Use of mobile phones or electronic media to harass, humiliate or intimidate.

Domestic violence may occur when power and need for control in a relationship are not equal. This may be less evident at first, but often becomes worse over time.

( In a healthy relationship there is more mutual respect and more “give and take”)

Offenders may be partners, a family member, or someone close to you.

It is a crime.*

* Laws vary in different states.

HOW CAN WE HELP?

We can link you to help in a range of areas - e.g:

LEGAL:

There are legal steps, such as taking out an AVO (Apprehended Violence Order), for your protection – even if you are still living together.

PRACTICAL:

In some cases you can access services to improve your home security & replace locks and keys etc.

EMOTIONAL SUPPORT:

Physical violence or constant verbal aggression or criticism can be very damaging to a person’s confidence and self-esteem.

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Starting to understand what has been happening and how to stop the violence from continuing, is the first step towards empowerment, better relationships & freedom from abuse.