



# Violent or abusive Relationship?

Time to do something about it?



Jenny's  
Place

**Newcastle Domestic  
Violence Resource Centre**  
**4927 8529** (select option 5)

We assist individuals, family members  
and community members.

**[jennysplace.org](https://jennysplace.org)**

This service is an initiative of Jenny's Place  
Domestic Violence and Homelessness Support Service

## 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
- Coercive control
- 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 provide long-term support and referrals to:

- **Legal**  
such as making statements, applying for AVO's, court support, family law, victims services, free legal clinics etc.
- **Practical**  
In some cases you can access services to improve your home security and 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.

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



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## Newcastle Domestic Violence Resource Centre

For help and information relating to Domestic Violence, phone 4927 8529 (select option 5)

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 can be made via our website

**[jennysplace.org/donate/](https://jennysplace.org/donate/)**

All donations over \$2.00 are tax deductible.