

Our Services

Work and Income application
or appointments

Department of Corrections – Probation

Referrals for counselling services

Information to help you decide you or
your family's future

Oranga Tamariki—Ministry for Children
requirements

Access to legal services

Access to urgent medical care

Court support

Dealing with the Police

Mentoring referrals

Counselling referrals

Preparation of a safety plan

Access to programmes/courses

Safe housing or relocation

Helping you to reconnect and/or work
with your Whānau

Access to programmes for your children

Support services for men

Become a proud member of the
sponsorship team to create
change in our community.

Support our programmes for
men, women and children.

For confidential advice
and support

Phone our 24 hour
crisis line

07 855 1569
7 days a week

59 Commerce Street, Frankton,
Hamilton, 3204

reception@waikatowomensrefuge.co.nz
www.waikatowomensrefuge.co.nz

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Creating Change In
Our Community



**Waikato
Women's Refuge**
Te Whakaruruhau

Your wellbeing and the safety of your children is our number one priority. We believe that everyone deserves a life free from domestic violence and it is our job to help you protect what you value most.



We are not here to judge.

Our skilled and caring team is on hand 24/7 to provide you and your family with the systems, tools and support you need to live a life that is both safe and violence-free.

When you need to find the courage, strength and guidance to leave an abusive relationship we are here to help.



There is light at the end of the tunnel.

Take a step toward a safer, better life for you and your children.

WHAT IS FAMILY VIOLENCE?

It's a power imbalance, where one person tries to control another. The aggressor often uses intimidation, fear and abuse to maintain that control. Many people believe that family violence is only physical abuse. However, family violence takes many different forms. It may also be psychological, sexual, financial or spiritual.

PHYSICAL ABUSE

Includes hitting, pinching, slapping, pushing, punching, kicking, burning, stabbing or shooting. It may also include threats to cause harm.

PSYCHOLOGICAL ABUSE

Sometimes referred to as emotional or verbal abuse. Name calling, jealousy, isolation from family and friends, and threats to leave the relationship or to commit suicide if the victim does not co-operate.

SEXUAL ABUSE

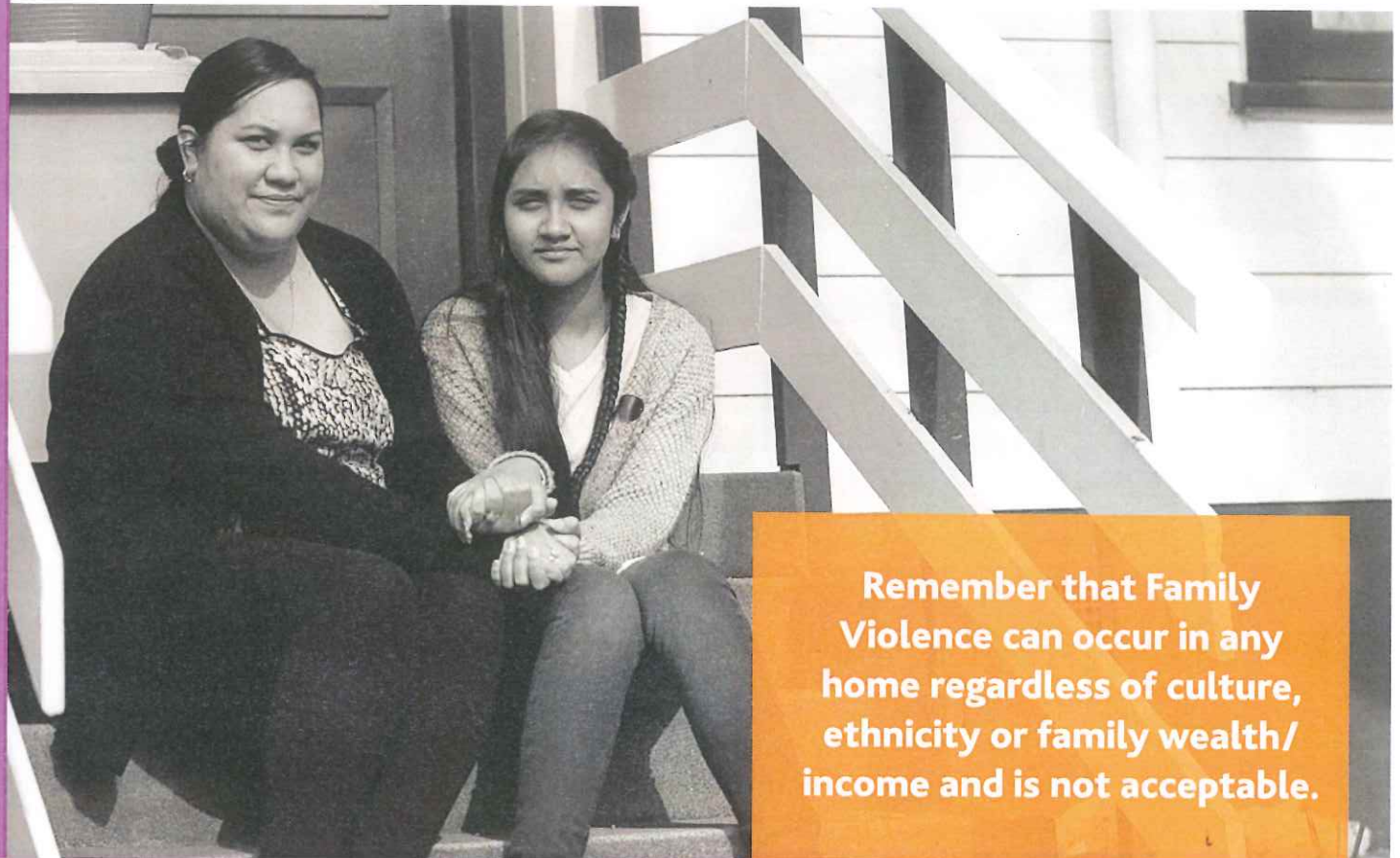
Unwanted touching or sexual activity. It may include control over birth control, forced pregnancies or abortions and transmission of Sexually Transmitted Diseases (STDs).

FINANCIAL ABUSE

When an individual uses finances to control another individual. This could include forcing a person to hand over all or part of their salary or by denying someone access to their own finances.

SPIRITUAL ABUSE

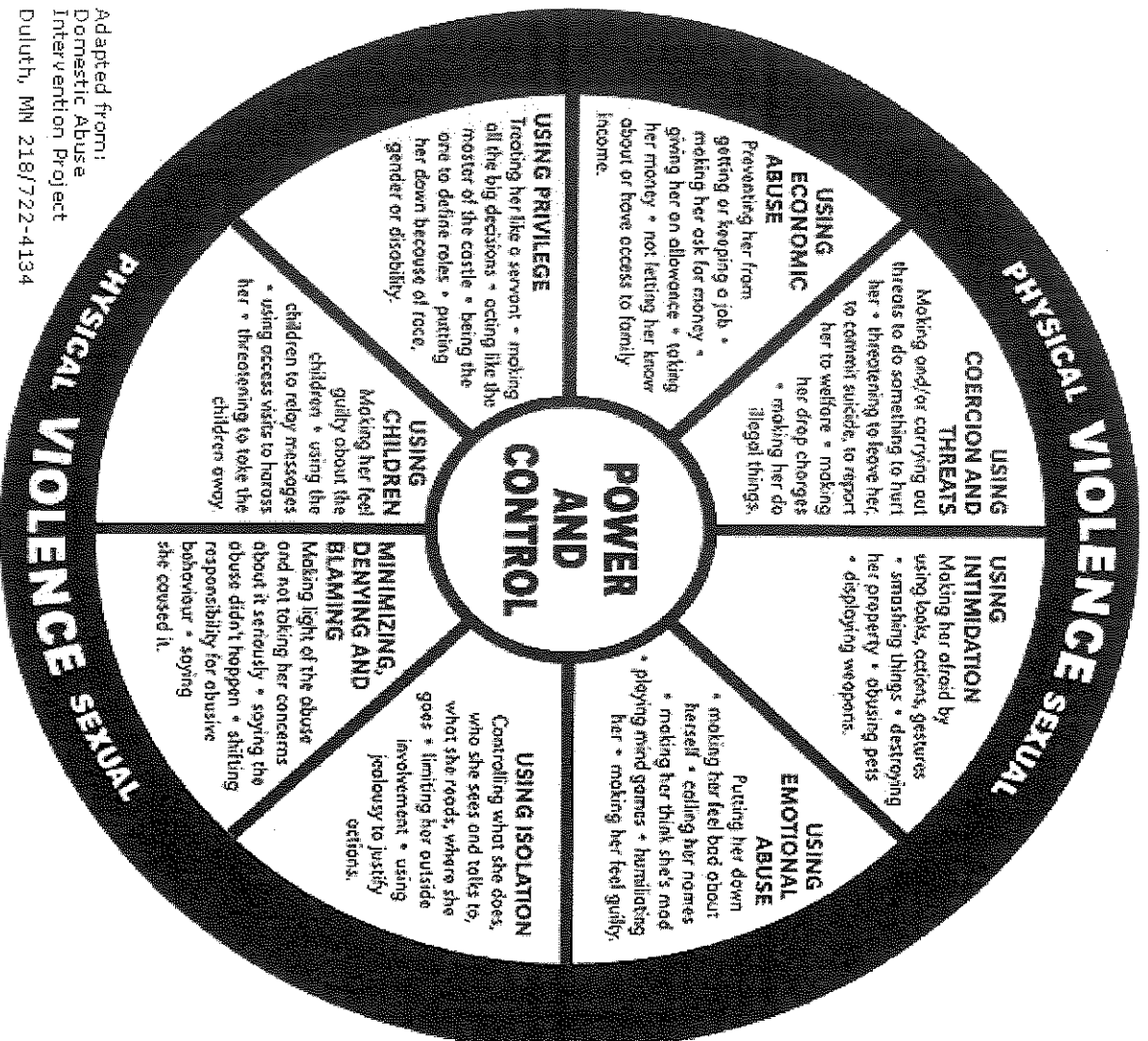
When an individual uses religious or spiritual matters to control another, such as forcing another to follow a particular faith or give up their religion.



Remember that Family Violence can occur in any home regardless of culture, ethnicity or family wealth/income and is not acceptable.

WOMENS REFUGE

POWER AND CONTROL WHEEL



Adapted from:
 Domestic Abuse
 Intervention Project
 Duluth, MN 218/722-4134