

# ARE YOU LIVING WITH SOMEONE WHO USES POWER AND CONTROL OVER YOU?



Domestic and Family Violence is when one person exerts power and control over another. It is widespread in our society and affects many women and children's lives.

Women have fought for many years to have services available to women and children who are living with domestic and family violence.

PSFaNS is funded to provide assistance for women and children in these circumstances - you don't need to do it alone.

There are also teams of volunteers who have your back. For example, if you need to move, Friends with Dignity will furnish and outfit your new home (you never meet them - they come in and do the work and afterwards you move in to a lovely space for you and your children (or just you).

## **Some of what we offer at PSFaNS (and it all depends on what's right for you):**

- Help with talking to the Police and getting an Apprehended Violence Order (AVO);
- Help with housing - to stay in your home or to move or temporarily move out;
- Help with making you and your children feel safe and secure and your home secure;
- Personal security devices;
- Help with finances - financial counselling to help sort through any debts and budgeting with what you have, help with Centrelink, help with food/financial assistance, rental subsidies for those eligible, help with state debt through work development orders;
- Women Speak - a supportive group each Tuesday at 12.00pm (your children can participate in Children Speak at the same time, ie child care);
- Counselling for adults, young people, children and families;
- Legal advice;
- Playtime groups for parents with preschoolers;
- Children's groups;
- Parenting Programs.

## **Phone numbers**

**Domestic Violence Line 1800 65 64 63 (24 hours)** - A trained female counsellor will answer your call. She is sensitive to the needs of women who have experienced domestic and family violence. You can ring as often as you need to at any time, day or night.

The female counsellor will listen to you. She won't blame you or make you do anything you don't want to do. She can give you information on what you can do and help you decide on your options.

## **If you are homeless because of domestic violence**

Ring our Homelessness Team - 4983 1155 (9-5 Monday to Friday)

**After hours - the Domestic Violence Line will find you somewhere to stay and will let us know so we can contact you the next day to see what support you need.**

PSFaNS - 4987 1331 / 4987 4674

