

# Family Violence Support

Supporting men, women and children to live free from family violence.

**Family Violence Support assists you to identify and deal with the effects of family violence on yourself, your children, your relationships or your parenting. It also supports you to explore ways to increase your own safety or the safety of others including children.**

**Family Violence can include a range of behaviours such as:**

- Physical Assault.
- Sexual Assault.
- Coercion and threats.
- Intimidation.
- Using children to manipulate.
- Isolating you from friends and family.
- Economic Abuse.
- Spiritual Abuse.
- Emotional Abuse including put downs.

## **For Women:**

This service is for you if you are currently experiencing family violence or you have experienced family violence in the past. If you feel unsafe in your home, support is available, this can include:

- Safety planning

- Court support
- Assistance with intervention orders
- Housing advocacy
- Links to Legal advice

## **For Children:**

Children can be hurt by:

- Physical abuse
- Seeing family violence
- Hearing verbal abuse
- Living with tension and fear
- Feeling responsible for the physical and emotional safety of others
- Learning that violence is a way of resolving problem

Once the home is safe, we can assist children aged 0 – 18 years of age to overcome the impact that family violence has had on them.

## **Need help?**

To find out more about Nexus, please contact us on:

**t 1300 77 33 52**

## For Men:

This service is available if you want to stop using violent and abusive behaviour and bring respectful ways of living and calmness to your family.

### Men's Behaviour Change Group:

This group based program helps you better manage your behaviours when angry, supporting you to make lasting changes in life.

We all get angry, but the important thing is what to do with this emotion. It is not anger that hurts those who are closest to us, it is the behaviour.

### What will I learn in the group?

Our male and female co-facilitators will cover a range of topics designed to support you in your journey of change. These include:

- Identifying primary emotions before compensating with anger.
- How to better express emotions with assertive language.
- Tools to use when feeling angry.
- Destructive thinking and thought stacking.
- Healthy relationships and intimacy.

- The effects of violence on women and children.

Each group runs for two hours on a Wednesday night in Broadford. Upon successful completion of the 14 weeks a Certificate of Attainment will be presented to participants.



**In an emergency call Victoria Police 000.  
After Hours call: Women's Domestic  
Violence Crisis Service on 1800 015 188  
or MensLine on 1300 78 99 78**

Need help?

To find out more about Nexus, please contact us on:

**t 1300 77 33 52**

**info@nexusprimaryhealth.org.au**

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72 Ferguson St

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