

"Before it was all about me... what made me happy, what I wanted. Now I feel better about doing things that make us all happy.

Being a violent man never got me what I wanted anyway."

Mark* (on overcoming family violence)



Aviva exists because we care

We support individuals and families/whānau to not only become safe, but begin a journey towards a fulfilling, violence-free life.

To do this we offer a range of support options to men, women and children to overcome family violence.

Please visit www.avivafamilies.org.nz to see our full range of services including:

- **Aviva Women's Services**
- **Aviva Children and Youth Services**
- **Aviva Men's Services – ReachOut**
- **Aviva's Shine safe@home Service**
- **Aviva No Interest Loans Scheme**
- **Aviva Specialist Peer Support**

Aviva is an independent Canterbury charity first established in 1973 as Christchurch Women's Refuge.



(formerly Christchurch Women's Refuge)

Address: PO Box 32 034, Christchurch 8147

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*Not their real names



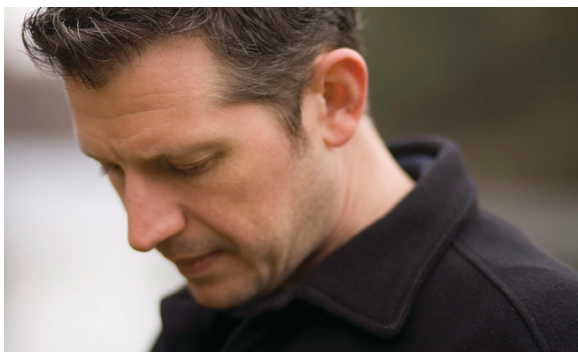
Helping men build a violence- free future



Everyone deserves a life free from family violence. Sometimes that means reaching-out and getting support to become violence-free. If anger, abuse or violence is affecting your relationships, or those of someone you know, then getting that support is important. The journey to a violence-free future doesn't need to be travelled alone. Aviva's ReachOut service offers support to men and their family/whānau – every step of the way.

“With the right support men who genuinely want to change can develop the skills necessary to relate in new ways, and to become violence-free role models for their kids.”

Daryl Gregory (Family violence specialist)



Is family violence hurting your family?

Family violence doesn't always involve physical violence; it can include emotional, economic or sexual abuse. It is about using power and control over those close to you.

Do you recognise yourself, or someone you know, in any of the questions below?

| | |
|---|-----------------|
| Is your partner and/or family/whānau afraid of you? | Yes / No |
| Do you get jealous of who your partner sees and where he/she goes? | Yes / No |
| Are you suspicious of her/his phone calls, texts, emails, family or friends? | Yes / No |
| Do you feel worried about your anger and the way you react at times? | Yes / No |
| Do children see or hear you arguing or fighting? | Yes / No |
| Would you like to have a better relationship, free from anger and abuse? | Yes / No |

If you answered yes to any of these questions, now is a good time to reach out and get support. A healthier, safer life for you and your family is possible. ReachOut is available to support you to address behaviours that are damaging you and your family, and to learn new skills for healthy relationships. Call 0800 AVIVA NOW (0800 28482 669).

“It was good to speak to someone who's had their own problems and battled through them. It showed me it can be done. It was talk from the heart, from real life.”

Jason* (ReachOut client 2012)

Living a life free from family violence takes courage

It can mean owning up to behaviour you'd rather not talk about. It can also mean learning new ways of dealing with frustration and anger. But in the same way violent behaviour has been learned, it can also be 'unlearned'.

New, safe and enriching ways of relating to the people who are important to you are possible, and being the kind of parent, partner or person you really want to be is a choice you can step up to.

Everyone has the potential to overcome family violence if they genuinely want to and if they get the right support. Aviva ReachOut staff are passionate about supporting you and your family/whānau to begin a life free from violence.

What we can offer:

- 24-hour free phone support and information via 0800 AVIVA NOW (0800 28482 669)
- family safety planning
- family violence education
- one-on-one support, encouragement and advice on becoming violence-free
- information on temporary accommodation options for men
- qualified male family violence specialists
- ideas on how to grow healthy relationships
- access to courses and programmes for all family members affected by violence
- access to support from other agencies and services
- specialist peer support from men who have themselves overcome family violence
- No Interest Loans of up to \$2000 for those who meet the criteria

To find out more about how Aviva can support you, call 0800 AVIVA NOW (0800 28482 669) or visit www.avivafamilies.org.nz.