

Other ways Aviva can support you

Aviva recognises the potential of every person to overcome family violence. We offer a range of services for children, women and men. Central to all of our work is your personal safety and the safety of children.

All of our services are delivered by compassionate, professionally qualified Aviva Family Support Workers as well as Peer Support Specialists who understand family violence and the challenges you may be facing. They can support you and your family/whanau to become safe and begin a life free from violence.

Services include:

- 24-hour free phone support and information via 0800 AVIVA NOW (0800 28482 669)
- an individual safety assessment and plan to help keep you safe
- ongoing one-on-one support for you and your children
- advice and information on legal, health and financial issues
- access to support from other agencies and services
- access to temporary accommodation for those needing emotional and physical refuge
- help applying for a Protection or Parenting Order
- Ministry of Justice approved education programmes (individual or group) designed to rebuild self-esteem, empower you to embrace change and develop healthy relationships
- Shine safe@home home security improvements for those at highest risk of repeat family violence
- support and advice for men overcoming family violence through ReachOut
- access to No Interest Loans in partnership with Good Shepherd New Zealand.

All of our services are free and you don't need to leave your relationship or enter a Safe House to access these services.

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

Aviva exists because we care

We support individuals and families/whanau 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 children, women and men to overcome family violence.

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

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

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

Phone 0800 AVIVA NOW
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*Not their real names



Inspiring change through lived experience



Everyone deserves a home free from family violence. At Aviva (formerly Christchurch Women's Refuge) we know that the journey towards a violence-free future can be a long and challenging one. Others have travelled that path and they are here to walk alongside you. The journey to a violence-free future doesn't need to be travelled alone. Our Specialist Peer Support service can support you and your family/whanau every step of the way.

"The biggest thing for me was to see a strong person who had survived."

Clare*

What is Specialist Peer Support?

Aviva Specialist Peer Support connects you with another person who has also experienced or used violence and who has moved on in their journey towards a fulfilling life free from violence. They have encountered challenges and opportunities on their journey, just as you may have, and they are here to support you as you make the journey for yourself.

Specialist Peer Support celebrates the self-led journey of change and provides a means by which those who have overcome family violence can be acknowledged for that achievement. In doing so it removes some of the stigma and shame that otherwise can prevent people from reaching out to

change their lives. You and your family/whanau deserve fulfilled, hopeful and violence-free lives; Peer Support Specialists are living proof that such a life is possible and they can support you to achieve it for yourself.

"You know what they are saying can actually work because they have done it themselves... they have come through the other side."

Lizzy*



How does Specialist Peer Support work?

At Aviva we believe that everyone has the potential to overcome violence if they choose to and are supported in that decision. We also believe that the best support focuses on the person, not the problem, and that is why our Specialist Peer Support is based on a relationship of mutual understanding, trust and respect. Your Peer Support Specialist is here to walk alongside you on your journey – they won't tell you how to get there. They support you to identify your strengths and work on a vision for your future.

They share learnings from their own journey and can offer practical support and suggestions to support you towards your goals, as well as a listening ear when you want to share concerns and ideas. How long their support lasts and how frequently you use it is entirely up to the two of you to decide, because your journey is unique to you.

There is also the opportunity to attend a fortnightly peer support group in which you can connect with like-minded others to foster celebration and share your skills and experiences so that together you can make positive change.

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

"I don't want to be where I am. I want to go to a better place. I don't want others to follow me."

Josh*

Do you want to share as a peer?

Aviva's Peer Support Specialists share the openness of their personal experience, but they have also received specialist training based on an intentional model for peer support; this helps to ensure that they can support you in the best way possible.

This training is open to any women or men who have overcome family violence and want to gain skills to support their peers in the community. If you are interested in attending our Purposeful Peer Support training, please contact peersupport@avivafamilies.org.nz