

“We can breathe on our own and and not be victims. We do have choices, and we are worthwhile. We have something to give back now, in any way we choose whether through work, or just living practical, healthy lives.”

Rose* (a survivor of family violence)



What you'll find at Aviva

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

Aviva's services for women are delivered by compassionate, professionally qualified Aviva Family Support Workers who understand family violence and the challenges you may be facing. They are passionate about supporting you and your family/whānau to become safe and begin a life free from 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 women, men 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

Phone: 0800 AVIVA NOW
(0800 28482 669) or 378 3847

Email: enquiries@avivafamilies.org.nz

Rangiora Office

Post: PO Box 198, Rangiora 7440

Fax: (03) 313 1082

www.avivafamilies.org.nz

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*Not their real names



Leaving family violence behind



Everyone deserves a life free from family violence. Sometimes that means reaching out and getting support to leave the violence behind. The journey to a violence-free future doesn't need to be travelled alone. Aviva (formerly Christchurch Women's Refuge) offers support to women and their family/whānau – every step of the way.

Recognising family violence is the first step to leaving it behind

Family violence doesn't always involve physical violence; it can include emotional, economic or sexual abuse. The most obvious sign that something is wrong is if you or your children feel scared.

It's important to remember that you are never to blame for another person's abusive behaviour; that responsibility lies firmly with them. You may be feeling confused and afraid, but you still have choices. Aviva can support you to find the inner strength to reach out for the violence-free future you and your family/whānau deserve.

Whether you choose to remain in your relationship or to leave is up to you. We will respect your decision and offer services to support you, your children and your partner (if they choose) on the journey to overcome family violence.

“Every area of my life was affected . . . my children, family, friends. They felt powerless. I wasn't capable of working, and in the end all I had was him.”

Jane* (on how it feels to live with family violence)

Am I in an abusive relationship?

Is someone in your life using violence, or the threat of violence, against you or those you care about to manipulate and control you? Yes / No

Is your partner suspicious of your phone calls, texts, emails, family or friends? Yes / No

Do children see or hear you arguing or fighting? Yes / No

Does your partner show little or no regard for your thoughts and feelings? Yes / No

Is intimidation, name-calling or humiliation eroding your self-esteem and confidence? Yes / No

Does your partner withhold money or control your spending? Yes / No

Are you sometimes forced, intimidated or pressured into sexual activity you do not want? 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/whānau is possible. You are not alone. Aviva family support is available 24 hours and it's free. Call 0800 AVIVA NOW (0800 28482 669).

What we can offer:

- 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
- temporary accommodation for those needing emotional and physical refuge
- help applying for a Protection or Parenting Order
- Shine safe@home home security improvements for those at highest risk of repeat family violence
- 10-week Ministry of Justice approved education programmes (individual or group) designed to rebuild self-esteem, empower you to embrace change and develop healthy relationships
- specialist peer support from women who have themselves overcome family violence
- No Interest Loans of up to \$2000 for those who meet the criteria

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.

“Now I look forward to the future rather than fearing it.”

Lynn* (living free from family violence)