



**"You helped motivate me in so many ways when I didn't know where to start. I've come full circle and am hopeful for the future."**

**-Taryn\***  
Courageous Steps Participant

### **Who is Aviva?**

Aviva is a Canterbury-based specialist family and sexual violence support agency. We are available 24/7 to provide advice, advocacy and support to people overcoming the enduring harms of family and sexual violence.

### **Who does Aviva support?**

Aviva supports people of all ages, genders, sexualities, ethnicities, and experiences of violence.

**Go to [www.aviva.org.nz](http://www.aviva.org.nz) for more information on Aviva programmes and services.**

*\*Not their real names.*

**"The things I learned there and hearing what others had gone through really affected me positively and helped me to feel like I wasn't alone."**

**"My life has completely changed. Aviva helped me gain so much confidence and self-esteem that I feel like a different person entirely."**

**-Hayley\***  
Courageous Steps Participant

## COURAGEOUS STEPS FAMILY VIOLENCE EDUCATION



Have you experienced abuse from someone close to you? You are not alone.

Everyone deserves a life free from the enduring harms of violence.

Aviva offers Courageous Steps, a Ministry of Justice approved education programme for adults who have experienced family violence.

Courageous Steps is a space for sharing and connecting with others with similar experiences.

Aviva will support you to reestablish your wellbeing, regain self-confidence, and move toward the violence-free future you deserve.

### What you will learn

Courageous Steps covers a range of topics relevant to family harm. In the programme, you will:

- gain an understanding of abuse, power and control
- untangle the myths and misconceptions of family violence
- develop plans to keep yourself and your family safe
- reestablish your wellbeing and regain your power
- reflect on your journey
- learn to create healthy relationships
- create safer futures for your children
- learn where to go from here

### When and where is Courageous Steps held?

The 10-week programme can be delivered in a group setting, or individually, in a way that works best for you.

It is run in locations across Christchurch, mid-Canterbury, Selwyn and North Canterbury.

### What can I expect during sessions?

Content will be delivered in weekly sessions and include kai and a break. All sessions include a self-care discussion.

### What if I do not have access to transport?

If you have issues accessing reliable transport, we may be able to help.

### How to make an expression of interest for Courageous Steps

If you are already engaged with a family support worker at Aviva or another organisation, please express your interest with them.

If you are not currently engaged with a support worker, contact us at **enquiries@aviva.org.nz** or **0800 28482 669** to discuss whether the programme is right for you. Or you can find our referral forms on our website.

*"As soon as the course started, I could recognise what the facilitators were talking about in my own relationship. It was great to talk to others who could understand. Having completed the course, I can definitely see my ex-partner's manipulative behaviour and I feel like I can handle it better."*

*-Ashley\**

*Courageous Steps Participant*

