

breaking the cycle

course registration

To enrol or for confidential information

Phone 09-360 4933

Fax 09-360 4934

Email icwg@extra.co.nz

www.innercitywomensgroup.org.nz

Course begins _____

Time _____

Facilitators _____

Venue _____



preventing violence against women



Innercity Women's Group

PO Box 78-059, Grey Lynn, Auckland

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breaking the cycle

freedom from abuse and violence



preventing violence against women

About Inner City Women's Group

Our women facilitators are trained and experienced in working with issues that affect women's lives.

Our aims are to:

- educate and empower women
- to break cycles of abuse
- to offer expertise in counselling and skills training.

Inner City Women's Group was established in 1988 to support women experiencing family violence, initially running Breaking the Cycle. Since then we have responded to women's requests and provided a wider range of programmes.

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|---|--------------------------|
| 1 | Breaking the Cycle |
| 2 | Irate Women and Anger |
| 3 | Between Mother and Child |
| 4 | Reclaiming Myself |

Inner City Women's Group works across the Auckland region including Auckland City, Manukau East and Waitakere City. Our courses have been approved by the Ministry of Justice and Child, Youth & Family. We are a member of the National Network of Stopping Violence Services, the Auckland Coalition for the Safety of Women & Children, SAFTINET, SAFVPN, MECOSS, FVIP & WAVES.

Freedom from abuse and violence

Purpose of the Programme

Many women experience abuse in their relationships with their partners or family members. The abuse can be physical, emotional or sexual. You are not alone, you are not to blame and life can be different.

The purpose of this course is to give you the support and practical information you need to be free from the cycle of abuse. You will develop an understanding of why destructive patterns of abuse occur in relationships.

Attending the course will give you the opportunity to rebuild your self esteem and confidence and redevelop a positive sense of yourself. You will have the time to talk and listen and receive information in a supportive environment with other women who have had similar experiences.

Programme Content

Topics covered in the courses include:

- building self esteem and confidence
- understanding the cycle of abuse
- the effects of abuse on self and children
- understanding family and social roles
- power and control issues in relationships
- building boundaries
- anger and assertion
- healing the past – moving forward.

The Outcomes

The course will assist you to understand the effects of abuse on your life and to move away from self doubt and self blame.

Who Attends

- Women who are currently in a relationship with an abusive partner who need support to make positive choices in their lives.
- Women who have been with an abusive partner in the past and wish to heal from those experiences and not repeat them!
- Women come from all ages, cultural backgrounds and walks of life.

The Breaking the Cycle Course

Duration	Eight weeks
Times	Evening and daytime courses available
Numbers	Maximum of 15 women
Venue	Details on application
Cost by donation	\$80 waged women \$40 unwaged women
We recognise women have differing financial circumstances so if necessary, donate according to your means.	

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