## What **people** say

"I don't recognise myself from the woman I was four months ago. I don't question myself anymore and I am able to make decisions with a clear head – without the anger and bitterness I felt before."

> "WAVE taught me how to safely reclaim the power back and turn my life around."

"WAVE changed everything for me.

I believed that the abuse was all because of me and I was doing everything wrong.

It helped me get over my self-doubt and regain my confidence."

# Contact Family Works WAVE is provided at these Family Works sites:

#### Waikato (Te Ara Hou)

100 Morrinsville Rd, Silverdale, Hamilton 3216 Ph: 07 858 4413

Email: admin.waikato@fwn.org.nz

156 The Strand. Whakatane 3120

Email: admin.whakatane@fwn.org.nz

### Tauranga (Hillier Centre)

31 Gloucester Rd, Mt Maunganui, Tauranga 3116 Ph: 07 575 9709 Email: admin.tauranga@fwn.org.nz

#### Rotorua

1083 Eruera St, Rotorua 3010 Ph: 07 349 0990 Email: admin.rotorua@fwn.org.nz

#### Taupo

Whakatane

Ph: 07 307 1133

Tauhara Wing, Waiora House, 129 Spa Rd, Taupo 3330 Ph: 07 378 6480 Email: admin.taupo@fwn.org.nz

## Other Family Works services are provided in these areas:

#### Whangarei (Genesis Centre)

16 Mair St, Regent, Whangarei 0112 Ph: 09 437 6729 Email: admin.whangarei@fwn.org.nz

#### North Shore

PO Box 150, Albany Village, Albany 0755 Ph: 09 448 2633 Email: admin.waitakere@fwn.org.nz

#### Waitakere

3 Montel Avenue, Henderson, Auckland 0612 Ph: 09 835 1288 Email: admin.waitakere@fwn.org.nz

#### Auckland (Leslie Centre)

37B Dornwell Road, Mt Roskill, Auckland 1041 Ph: 09 639 2016 Email: admin.lesliecentre@fwn.org.nz

#### East Auckland

PO Box 14714, Panmure, Auckland 1741 Ph: 09 580 1284 Email: admin.lesliecentre@fwn.org.nz

#### South Auckland (Te Hononga)

10 Mahia Road Manurewa, Auckland 2102 Ph: 09 269 1009 Email: admin.tehononga@fwn.org.nz

www.northern.familyworks.org.nz www.facebook.com/familyworksnorthern

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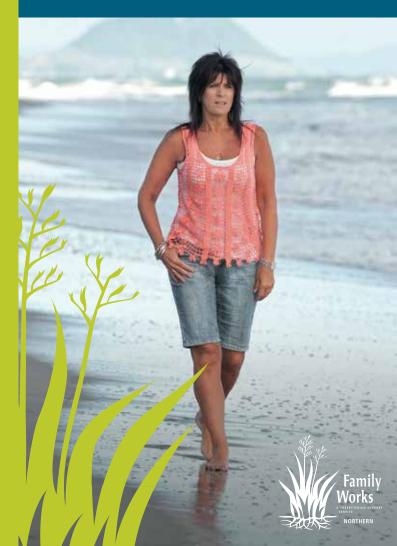




# WAVE

(Women Against Violence Education)

Enhancing the safety of women



## Welcome to WAVE (Women Against Violence Education)



All people in Aotearoa have the right to live violence-free, but for many women in relationships this right is denied. Unfortunately many women in New Zealand are subjected to physical, psychological and/or sexual abuse. This is never justified!

Fortunately education and support such as that available from Family Works Northern's Women Against Violence Education (WAVE) programme can help women to increase awareness and build strength in order to improve their situations.

WAVE is a Ministry of Justice approved programme for women who have been or still are in abusive relationships and are interested in making more positive choices for themselves and their children.

## How we can help

The WAVE programme is unique to Family Works Northern. It is specifically designed for women who have experienced family violence and is delivered by authorised, qualified female facilitators

WAVE consists of a 15-session programme that provides information to women about the dynamics of family violence. It facilitates an opportunity for women to speak freely about their experiences whilst at the same time promoting effective safety planning.

The programme primarily involves group discussion with relevant DVDs incorporated into the sessions.



### Who **we** are



WAVE is a comprehensive programme that covers a wide range of topics.

#### It has five main themes:

- Education about violence in a wider sense
- Education to support the belief that people are responsible for their own violence (i.e. that victims aren't responsible for it)
- Encouragement for women to take responsibility for themselves and their children (based on an understanding of the effects of domestic violence)
- Support to develop a sense of entitlement to all basic rights
- Support to build self-acceptance and self-respect

For more information please contact us for a confidential discussion.