

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

Tauranga (Hillier Centre)

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

Whakatane

156 The Strand, Whakatane 3120
Ph: 07 307 1133
Email: admin.whakatane@fwn.org.nz

Rotorua

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

Taupo

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

Auckland (Leslie Centre)

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

North Shore

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

East Auckland

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

Waitakere

3 Montel Avenue, Henderson,
Auckland 0612
Ph: 09 835 1288
Email: admin.waitakere@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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Presbyterian Support
Northern



Family Works
A PRESBYTERIAN SUPPORT SERVICE
NORTHERN

WAVE

(Women Against Violence Education)

Enhancing the safety of women



Family Works
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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.