

Recovery & Support Programs

FOR WOMEN

WOMEN OF STRENGTH

An 8-week support group for women who have experienced an abusive relationship. Women learn about the dynamics of an abusive relationship, how to improve their self-esteem, reduce self-blame and explore options for the future. You will meet other women in a similar situation.

Ring CatholicCare Waitara 02 9488 2400

SHARK CAGE

Assists women who have experienced domestic and/or sexual violence. Shark Cage teaches women their rights, improves awareness of abusive behaviours and how to identify and respond to such behavior, and ways to decrease the likelihood of domestic violence happening again.

Ring CatholicCare Central Coast 02 4356 2600

STAYING HOME LEAVING VIOLENCE

A program that gives women wanting to escape domestic violence a choice – either to stay in their own homes or to leave safely. For women wanting to stay in their home, we work with the police for exclusion orders and provide a safety audit of your home plus security upgrades.

Ring CatholicCare Central Coast 02 4356 2600

WOMEN'S DOMESTIC VIOLENCE COURT & ADVOCACY SERVICE

Provides support, advocacy, referrals and information for women experiencing domestic violence. We help women and their children with information about domestic violence and how to get protection from the court. The service attends to clients before, during, and after court. (For women in the Upper and Lower North Shore, and Northern Beaches)

Ring Women's Domestic Violence
Court & Advocacy Service 02 4356 2600

REGAINING SELF

Looks at issues relating to the impact of domestic violence. Topics include identifying violence, the law, the impact on children and on self-esteem, communication, anger and sadness, recognising healthy relationships, stages of change and how to move on.

Ring CatholicCare Central Coast 02 4356 2600

FOR MEN, WOMEN AND CHILDREN

Safe Homes

A service for all victims of domestic violence – males, females, and children. This service also assists men who wish to change their behavior and become better fathers.

Safe Homes runs groups and provides education to help people who are violent toward their family to understand the impact of their behavior and how to make changes. The program helps children recover from the trauma of violence. The program also works with families and parents who have grown up with violence as children, and now live with violence in their homes as adults. We help children heal and learn positive ways to communicate and deal with conflict, so that domestic violence does not pass down through generations.

Ring CatholicCare Central Coast 02 4356 2600

INFORMATION ON THE WEB

1800 RESPECT www.1800respect.org.au

CATHOLICCARE BROKEN BAY
www.catholiccareddb.org.au

DOMESTIC VIOLENCE RESOURCE CENTRE VICTORIA
www.dvrcv.org.au

CHANGE THE STORY

A shared framework for the primary prevention of violence against women and children in Australia
<https://www.ourwatch.org.au/what-we-do/national-primary-prevention-framework>

THINK PREVENT

An active bystander training program to prevent violence
www.thinkprevent.com



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