



# OUR PROMISE TO YOU

You will be treated with dignity and respect.

You will be listened to and heard.

You will be engaged within a safe environment.

You will have a non-judgemental provision of service.

The service you receive will be individualised, inclusive and tailored to your needs and the needs of your children.

## YWCA AUSTRALIA'S WINGECARRIBEE DOMESTIC AND FAMILY VIOLENCE SERVICE SUPPORTS FAMILIES IMPACTED BY DOMESTIC AND FAMILY VIOLENCE.

### REFERRAL TO OUR SERVICE

You can refer yourself or be referred by another service (with your consent) via email and/or phone.

### CONTACT DETAILS

You can contact Wingecarribee Domestic and Family Violence Service at:

Tel: 02 4628 3300

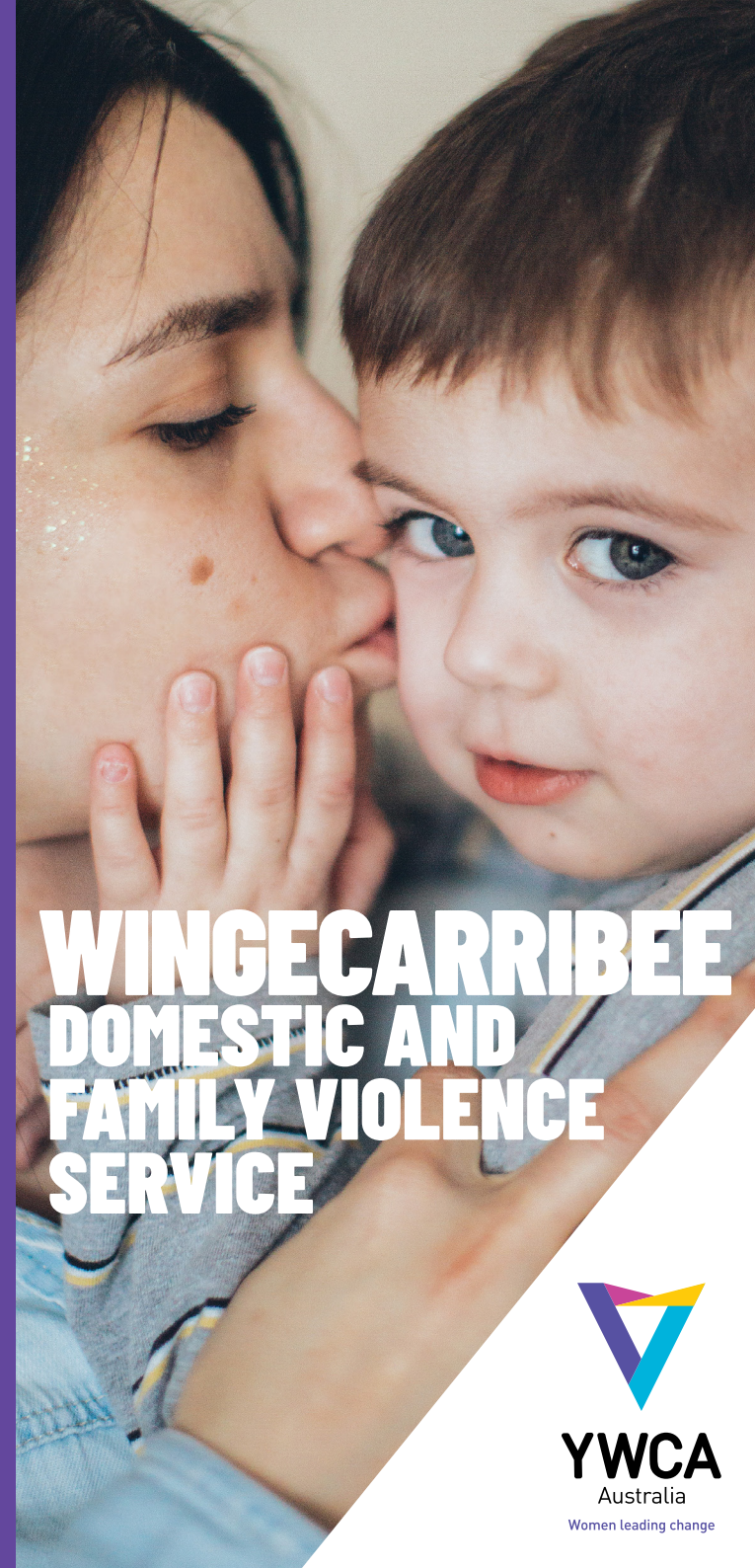
Mobile: 0490 430 007

Email: [WDS@ywca.org.au](mailto:WDS@ywca.org.au)

### YWCA.ORG.AU

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# WINGECARRIBEE DOMESTIC AND FAMILY VIOLENCE SERVICE



**CONTACT US: [WDS@WCA.ORG.AU](mailto:WDS@WCA.ORG.AU)**

# WINGECARRIBEE

## DOMESTIC AND FAMILY VIOLENCE SERVICE

YWCA Australia's Wingecarribee Domestic and Family Violence Service is a voluntary program that provides support for families and their children impacted by domestic and family violence.

Our clients are families with children under the age of 12. Families come in many shapes and sizes and can include grandparents and carers.

Our program can help with a range of issues such as parenting support, safety planning, advocacy, legal support, court support and other service referrals as needed.



**This program has helped me regain my confidence as a mother and as a woman. Thank you YWCA!"**

Annie\*

\*not her real name

## DOMESTIC AND FAMILY VIOLENCE

Domestic and family violence can happen to anyone - from any country, religion, sexuality, gender, social background or culture. It can happen at home or outside the home.

Domestic and family violence occurs when someone uses violence, threats, force, or intimidation to control or manipulate a family member, partner or former partner. The central element of domestic and family violence is an ongoing pattern of behaviour aimed at controlling through fear.

## CHILDREN'S EXPERIENCE OF DOMESTIC AND FAMILY VIOLENCE

Violence and witnessing violence affects children and can influence how they deal with conflict throughout their lives. They may even come to believe that violence is a normal part of an intimate relationship.

Children can feel confused, sad, angry and frightened. How this is expressed depends on their age and stage of development.

- Babies' and toddlers' feelings will be reflected in their behaviour. If you are stressed it is likely that they will also become stressed.
- Small children may blame themselves for the violence.
- Primary-aged children may want to hide what happens at home from their friends

You are not to blame for these effects on your children, but you can support them to repair and recover when they are safe to do so.



## WHAT DO WE OFFER?

We actively engage with children, families and communities impacted by domestic and family violence, ensuring that families' needs are met early to prevent escalation of issues.

We support parents and carers of young children to meet the emotional, physical and material needs of their children.

We work collaboratively and inclusively with the community to support and protect their members.

### Through our service, you can:

- Identify and tell us your needs confidentially
- Make your own decisions
- Choose how you are supported
- Be supported through case management

**FIND OUT MORE AT [YWCA.ORG.AU](http://YWCA.ORG.AU)**



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 @YWCAAustralia  YWCA Australia



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**YWCA**  
Australia

Women leading change

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