

# pave

women's stopping  
violence programme

## course registration

To enrol:

Auckland Phone 09-360 4933

Manukau Phone 09-279 8727

Email [icwg@xtra.co.nz](mailto:icwg@xtra.co.nz)

[www.innercitywomensgroup.org.nz](http://www.innercitywomensgroup.org.nz)

## course assessment



preventing violence against women



Inner City Women's Group  
PO Box 78-059, Grey Lynn, Auckland 1245

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# pave

women's stopping  
violence programme

prevention and  
violence education

Greetings • Kia ora • Bula vinaka  
Talofa lava • Malo e lelei • Kia orana



te araitanga tukino whare tangata

## About Inner City Women's Group

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

Our aims are to:

- support and empower women
- break cycles of abuse
- provide prevention and education services through group programmes.

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 now provide a wider range of programmes and support services.

### Group Programmes

- Breaking the Cycle
- Irate Women and Anger
- PAVE Stopping Violence
- Between Mother and Child
- Reclaiming Myself

Inner City Women's Group works across the Auckland region including Auckland, Manukau and Waitakere cities. 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 and WAVES.

*Freedom from abuse  
and violence*

## About the Programme

Anger is an emotion - violence is a choice.

PAVE is a 16 week programme and it is a court requirement that all sessions are attended.

### Programme Content

Topics covered in the course include:

- Anger/violence – what are they?
- Early warning signs and safe ways to express anger
- Triggers and boundaries
- Family conditioning and patterns
- Boundaries and time out
- Changing our thinking
- Communication and listening skills
- Assertiveness
- What lies beneath anger?
- Safety for self and others
- Power and control dynamics
- Being a woman – society's expectations
- Booze, brains and boundaries
- Dealing with conflict
- Getting your needs met
- Resilience and boundaries

### The Outcomes

You will gain an awareness and understanding of your anger and learn skills to manage and deal with everyday situations in non-violent ways.

## Who Attends

- Only women referred through the court system attend this programme.
- Women are welcome from all ages, cultural backgrounds and walks of life.

### PAVE Stopping Violence Course

Duration	One individual assessment session followed by a 16 week programme
Times	Evening and daytime courses available
Numbers	Maximum of 16 women
Venue	Details on application

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