

breaking the **cycle**

course registration

To enrol or for confidential information:

Auckland Phone 09-360 4933

Manukau Phone 09-279 8727

Email icwg@xtra.co.nz

www.innercitywomensgroup.org.nz

course details



preventing violence against women



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

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Design: design@urbancanvas.co.nz

breaking the **cycle**

freedom from abuse and violence

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
- 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*

Purpose of the Programme

Many women experience abuse in their relationships with their partners or family members. The abuse can be physical, emotional or sexual. You are not alone, you are not to blame and life can be different.

The purpose of this course is to give you the support and practical information you need to be free from the cycle of abuse. You will develop an understanding of why destructive patterns of abuse occur in relationships.

Attending the course will give you the opportunity to rebuild your self-esteem and confidence and redevelop a positive sense of yourself.

You will have the time to talk and listen and receive information in a supportive environment with other women who have had similar experiences.

Programme Content

Topics covered in the course include:

- Building self-esteem and confidence
- Understanding the cycle of abuse
- The effects of abuse on self and children
- Understanding family and social roles
- Power and control issues in relationships
- Building boundaries
- Anger and assertion
- Healing the past – moving forward

The Outcomes

The course will assist you to understand the effects of abuse on your life and to move away from self doubt and self blame.

Who Attends

- Women who are currently in a relationship with an abusive partner who need support to make positive choices in their lives.
- Women who have been with an abusive partner in the past and wish to heal from those experiences and not repeat them.
- Women come from all ages, cultural backgrounds and walks of life.

The Breaking the Cycle Course

Duration	Eight weeks
Times	Evening and daytime courses available
Numbers	Maximum of 16 women
Venue	Details on application

Cost by donation	\$80 waged women \$40 unwaged women
We recognise women have differing financial circumstances so if necessary, donate according to your means.	

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