



## Purpose

Women empowering women to be free from family violence.

## Values

Mana wāhine  
*Empowering all women.*  
Mana motuhake  
*Control over one's own destiny.*  
Pono  
*Respect.*  
Whanaungatanga  
*Connection through shared experiences.*

## Contact Us



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innercitywomensgroup.org.nz



Facebook: Inner City Women's Group | Auckland

Instagram: @innercitywomensgroupnz

## Breaking the Cycle

Freedom from abuse  
and violence

## QR Code

SCAN ME



## About the Programme

### Purpose

There are many forms of abuse. Physical, emotional, sexual. You are not alone and you are not to blame. Life can be different. This programme will provide support and practical information and tools to be free from violence. It will help you understand patterns of abuse and assist you in rebuilding your self-esteem.

### Content

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

### Outcomes

This programme will assist you in understanding the effects of abuse, recognising patterns in your life and moving away from self-doubt and self-blame.

## More Details

### Duration

EIGHT WEEKS

### Times

MORNING, AFTERNOON OR EVENING  
(MONDAY TO FRIDAY)

### Locations

GREY LYNN  
PAPATOETOE

### Donations

*All donations are welcome. These support us to continue delivering services for women.*

ICWG offers flexibility on times, locations and group sizes for our programmes. Call us to discuss your options!

## Other Programmes

- Reclaiming Myself
- IRATE - Women and Anger
- Between Mother and Child
- PAVE (self-referrals unavailable)