



## 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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Facebook: Inner City Women's Group | Auckland

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# PAVE

stopping violence

prevention and  
education

preventing violence against women

## QR Code

SCAN ME



## Other Programmes

- Reclaiming Myself
- Breaking the Cycle
- IRATE- Women and Anger
- Between Mother and Child

## About the Programme

### Purpose

**Anger is an emotion - violence is a choice.**

PAVE is a referral only programme and all 16 sessions must be completed, as required by the Court.

### Content

- Anger and violence - what are they?
- Early warning signs and safe expressions of anger
- Triggers and boundaries
- Family conditioning and patterns
- 'Time out'
- Changing our thinking
- Communication and listening skills
- Assertiveness
- What lies beneath anger?
- Safety for self and others
- Power and control
- Being a woman - societal expectations
- Booze, brains and boundaries
- Dealing with conflict
- Getting your needs met
- Resilience

### Outcomes

You will become more aware and have a better understanding of your anger and learn new skills to manage and respond to daily situations in non-violent ways.

## More Details

### Duration

1 intake assessment then  
16 WEEKS

### Times

Morning, afternoon or evening  
Monday to Friday

### Locations

Details on application

### Donations

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