

The Women's Centre Vision Statement

We embrace a feminist philosophy. We demand a world without rape and violence. We validate women's experiences, advocate for women and challenge injustices. We promote and enhance health, well being and safety of women. We actively promote the development of a socially just, inclusive and respectful society and will continue to forge creative, collaborative community partnerships and enhance the position of women.

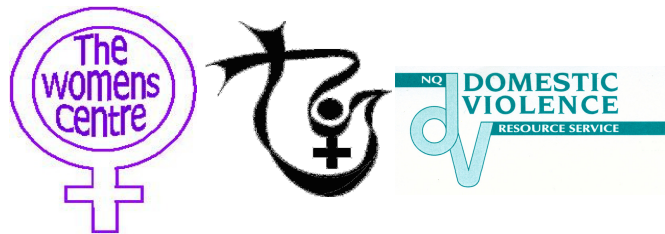
Sera's Women's Shelter Philosophy

We believe that all women and children have the right to a lifestyle free from any threat of physical and emotional violence. All women have the right to establish their identity free from expectations, discrimination and time limits.

NQ Domestic Violence Resource Service Aim

To conduct a service in the North Qld region which provides direct support services, community education, training for service providers and coordination of domestic violence responses which actively promotes and enhances the safety of women and children involved in Domestic Violence.

Workers are available from The Women's Centre , Sera's Women's Shelter and NQDVRS to co-facilitate and support group members.



Stepping Forward

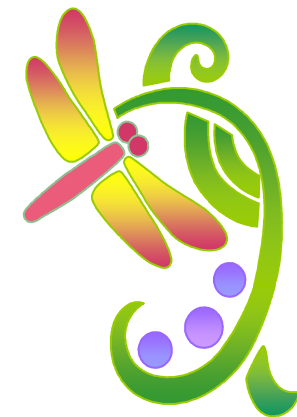
The Women's Centre
50 Patrick St Aitkenvale

Call: 4775 7555

Please leave your name and contact details with the Women's Centre if you would like to join Stepping Forward.

Stepping Forward

A Domestic Violence Support Group for Women



Every Friday
(except on school holidays)
At the Women's Centre
50 Patrick St Aitkenvale

If you would like to join the group, please call the Women's Centre on [4775 7555](tel:47757555) and leave your name and details for Megan to contact you .

Stepping Forward is a support group for women who have recently experienced or are still experiencing Domestic Violence. The group offers a safe place for women to talk about their experiences, without fear of judgment. It is a place to meet and learn from other women who have also experienced Domestic Violence.

Each week we discuss different topics which may include:

- *The different types of Domestic Violence
- *The cycle of Domestic Violence
- *Power and control in a relationship
- *Early warning signs
- *Equality in a relationship
- *Healing after Domestic Violence
- *Self-care and relaxation
- *Self-esteem and self-confidence
- *Assertiveness
- *Domestic Violence and children

These are just a few topics that we discuss in the group. We also have fun craft days and guest speakers.

We are looking forward to seeing you at

Stepping Forward....

The following letter was written by a former Stepping Forward group member.



There is no one word to describe Stepping Forward. On Friday mornings a bevy of women gather and learn that there is hope.

Together with the facilitators who guide us when we falter we allow the façade to thaw and we are able to be ourselves. There is no pretence.

We come from all walks of life and have distinct personalities. No two stories are akin and yet we share a bond that those who have not experienced domestic violence—be it emotional or physical or both find it difficult to comprehend.

We laugh and we cry and care and share and we listen and we learn, but more importantly we have compassion. It is this emotion that gives our life more meaning. For it is in learning that we are able to reach out to others.

The sun doesn't always shine in our troubled lives yet our road to healing is much smoother when we rise above the clouds and look at how far we've come and not how far we have to go.

We embrace the moment and live for today.

(Name withheld) 07/09/2003

Types of Domestic Violence

Domestic Violence takes many forms. It includes:

Verbal Abuse, Emotional Abuse, Physical Abuse, Sexual Abuse, Social Abuse, Financial Abuse, Intimidation and Fear, Spiritual or Cultural or Religious Abuse and Damage to Property and Abuse of Family Pets.

Or the threat of any of the above. You may have experienced one or more than one of these forms of abuse.

There is no excuse for violence and abuse. You are not to blame.

Everybody is responsible for their own behaviour. If your partner or ex-partner is violent and abusive, then he is the only one who can change his behaviour.

It is never your fault nor your responsibility.

Domestic Violence is a crime

For more information about the different types of domestic violence, please call The Women's Centre on 4775 7555 or the North Qld Domestic Violence Resource Service on 4721 2888