

Stepping Stones towards Safety, Well-Being & Empowerment

Daytime courses run in:
Pakuranga & Papakura

Facilitators:

Farzana Dumasia
Huia Swann

Please contact our
Programmes &
Administration Manager
Ana for further information
or to organise registering:
(09) 576 6551
info@ewr.org.nz
**Cost: Free for women holding a
Protection Order,**



Eastern Refuge Society
Kia hora te marino

Eastern Refuge Society

PO Box 51 326
Pakuranga
Auckland

24 hr Crisis Line 0800 REFUGE (733843)

Office Phone: (09) 576 6551

Fax: (09) 576 4923

Eastern Refuge Society



*"All women and children have the
fundamental right to live free from fear
and violence"*

Stepping Stones



A programme for Women
who are in or have been in
physically or emotionally
abusive relationships

MOJ Approved Programme Provider

Programme's aims:

- Learn about the causes and effects of abuse
- Develop a safety plan
- Develop knowledge which increases your self-empowerment and self-esteem
- Develop a sense of community with other survivors of domestic violence
- See how conflict and violence impacts on children
- Enhance skills and strengths to achieve a violence-free lifestyle

The women's group offers a safe place to:

- Talk about your situation
- Learn and explore ways of increasing your options
- Be in a supportive and non- judgemental environment
- Explore issues
- Support you making changes



Course Content

1. Introduction to Well-being & Empowerment – Building Trust & Safety – A Holistic Model for Well-Being
2. What is Domestic Violence? – Introduction to Power and Control – Tactics Abusers Use
3. Ways Society Colludes – Breaking the Myths – Tackling Victim Blaming
4. Changes we can make – Domestic Violence Act – Safety Plans
5. How Domestic Violence affects Children— Keeping Children Safe
6. Identification of Survival Skills—Confidence Building— Self-Esteem—Building Support Networks
7. The Work that Words Do – Other ways of Talking – the Assertive Model of Communication
8. Dealing with Anger – Managing Stress – a commitment to a Violence-Free Lifestyle
9. Making Choices – Self-Empowerment & Goal Setting – Fresh Start
10. Being a Survivor – our Stories Rewritten

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