

## Services offered through SHE include:

- ▶ Individual counselling and support.
- ▶ Support groups.
- ▶ Community education.
- ▶ Information, resources and referral.
- ▶ Research, representation and advocacy related to gender issues in relationships and domestic violence in a social context.

## SHE Staff:

The staff at **SHE** are qualified therapeutic counsellors specialising in women, domestic violence and healthy relationships. We are also experienced spokespeople on issues relating to violence and other violations against women.

With over 25 years organisational experience in addressing violence and abuse against women, **SHE** is more than qualified to meet the community's education and training needs on domestic and family violence.

**SHE** is a safe, inclusive, LGBTI friendly service

## SUPPORT HELP EMPOWERMENT

**SHE** provides professional counselling, community education and facilitates support groups.



## Counselling Training Groups

CALL 03 6278 9090



SUPPORT  
HELP  
EMPOWERMENT

PO Box 300 North Hobart 7002  
**Telephone** 03 6278 9090  
**Fax** 03 6278 8292  
**Email** admin@she.org.au

**Monday - Friday**  
**After Hours Services also available**

CALL 03 6278 9090

- ▶ Free and confidential counselling for women experiencing relationship difficulties, coercive control or abuse.
- ▶ Training, workshops and presentations for organisations and groups on domestic and family violence and healthy relationships.
- ▶ Therapeutic support groups for women.

[www.she.org.au](http://www.she.org.au)

## Domestic violence is an issue for the whole community.

**SHE** acts as a representative and an advocate for issues relating to domestic and family violence and abuse in the community.

Domestic violence occurs when someone intentionally uses threats, force, intimidation or violence to control or manipulate a partner or former partner.

Domestic violence may include physical, sexual, financial, emotional, verbal, or psychological abuse. It may also include having freedom or choices limited or restricted by one's partner.

The majority of domestic and family violence is gendered, that is, perpetrated by men upon women. However, abusive or violent behaviour can be experienced in other domestic relationships, for example when parents are abused by their children.

Domestic violence affects people of all ages, sexual orientation, and cultural and economic backgrounds. The impacts on self-esteem, mental health, self-perception and physical well-being can be far reaching.

Women who are experiencing or have experienced violence, abuse or other violations may require specialised counselling to support, which **SHE** is able to provide.

## Education and Training.

Domestic Violence impacts on families, children and workplaces. It is an issue for the whole community.

To better equip organisations and community groups to support women affected by domestic violence, **SHE** provides workshops and training that can be tailored to suit the needs of frontline service providers, at-risk communities, and other groups interested in gender issues and/or social justice.

### Topics can include:

- ▶ Understanding domestic violence.
- ▶ Preventing violence against women.
- ▶ Responding to clients who are subjected to violence or abuse in relationships.
- ▶ Exploring healthy relationships.
- ▶ Gender issues in society.

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To book a workshop or to have **SHE** attend your event please contact us.

## Groups.

**SHE** offers tailored therapeutic and support groups to women affected by domestic and family violence. These groups are very beneficial for women who have experienced violence and abuse.

### Within the safety of a support group, women are encouraged to:

- ▶ Understand abusive patterns.
- ▶ Identify barriers to living the life you wish to choose and learn new ways to work with them.
- ▶ Explore what it means to live a meaningful life.
- ▶ Create a plan that will bring you closer to your values in your daily activities.
- ▶ Address depression, anger and anxiety.
- ▶ Use mindfulness techniques to improve health and wellbeing.

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If you would like to work with **SHE** to conduct or host a therapeutic group please contact us.

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