

## Like to find out more?

To find out how Ballarat Community Health might be able to assist you in reaching your full health potential, drop in to any of our sites or call our central number:

**5338 4500**

### **Ballarat City Centre**

710 Sturt St

### **Ballarat East Centre** (APROTCH)

Cnr Queen St & Dyte Pde

### **Sebastopol Centre**

260 Vickers St

### **Wendouree Centre** (Cooinda)

10 Learmonth Rd

### **Administration**

PO Box 1156, Bakery Hill MC, VIC 3354

**T** 5338 4500

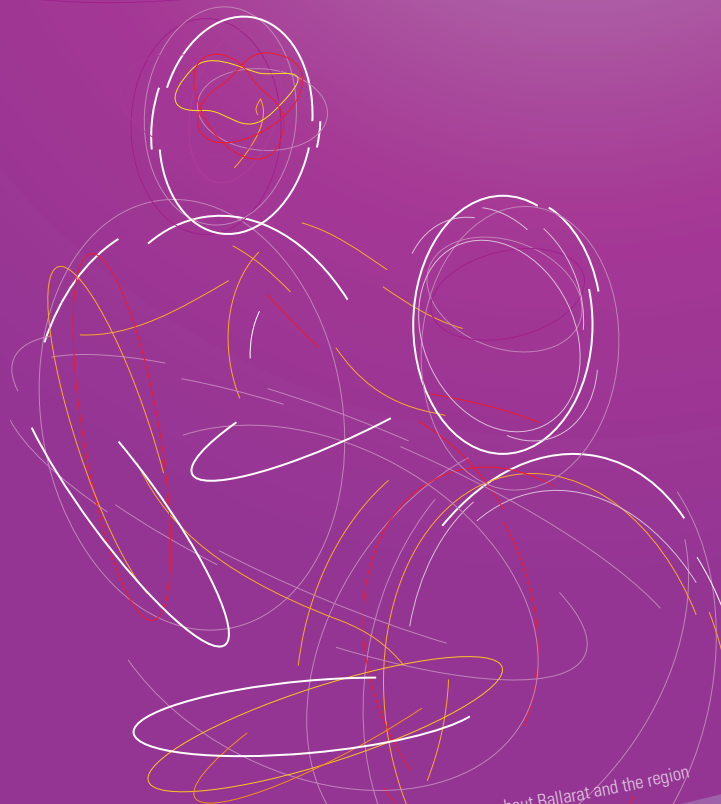
**F** 5331 5470

**E** [info@bchc.org.au](mailto:info@bchc.org.au)

**W** [www.bchc.org.au](http://www.bchc.org.au)

**Experiencing abuse  
or is something wrong at home?**

**Quality, affordable and confidential support  
is available**



**Promoting health and well-being and preventing illness** throughout Ballarat and the region

## What is family violence?

Family violence may, or may not, involve physical assault. Do you feel:

- isolated from family or friends?
- constantly criticised, or made to feel worthless?
- afraid to disagree?
- pressured to do things you do not want?
- scared, or vulnerable?
- that your children are being bullied?

If some of this is, or was, true for you and you feel that this is affecting your life, you may wish to speak with someone who understands and can help you to make sense of it all.

*The abuse you experience in your relationship is not your fault.*

## What is available?

### Individual sessions

Individual or shared counselling is a way to talk about your situation. It offers assistance in learning skills to enhance your autonomy, health and wellbeing.

### Group program

An eight week program, which provides women with the opportunity to address common issues in a small group of 6-10.

Sessions are guided by you, but may focus on:

- understanding family violence
- the impact of family violence on you and your children
- coping skills
- managing stress
- goal setting.

## Who may seek assistance?

Women, and young people, who have experienced abuse, or who still experience abuse, in their relationships with a partner, or family member.

## What does it cost?

There is no charge for the service. This program is funded by the Department of Human Services. The service is delivered by qualified and professional practitioners. All your information remains confidential with the organisation.

## Where else can I get help?

Police	000
Women's Domestic Violence Crisis Service of Victoria	1800 015 188
Kids Helpline	1800 551 8000
WRISC Family Violence support	5333 3666
Men's Referral Service	1800 065 973
Child and Family Services	5337 3333