

Albany Women's Centre

What is the Albany Women's Centre?

The Albany Women's Centre provides support to women and children affected by family and domestic violence. Our services include:

- ♥ crisis accommodation
- ♥ 24 hour on call service
- ♥ development of safety plans
- ♥ assistance and support
- ♥ information and advocacy
- ♥ outreach support services
- ♥ referrals to other agencies
- ♥ links to housing, income, legal and medical services

What is family and domestic violence?

Family and domestic violence is when one person in a relationship uses abusive behavior in order to control the other person. Some ways this can happen are:

- ♥ hitting, punching or pushing you, slapping, kicking and choking
- ♥ threatening to hurt your friends, family members or pets
- ♥ putting you down in front of others
- ♥ making you feel stupid and worthless, insults, threats, intimidation
- ♥ making you have sex when you don't want to
- ♥ not letting you go out, or contact friends or family
- ♥ not letting you have money for food, clothing or other basic needs
- ♥ not allowing you to attend church, making fun of your beliefs

Some of the effects of Family & Domestic Violence are:

- ♥ shame
- ♥ low self esteem
- ♥ isolation
- ♥ physical injuries
- ♥ inability to trust people
- ♥ missing work and/or school
- ♥ depression
- ♥ feeling alone
- ♥ no confidence
- ♥ feeling nervous

Important Numbes

Life Threatening Emergencies	000
Women's DV Helpline	1800 007 339
Men's DV helpline	1800 000 599
Sexual Assault Resource Centre	08 9340 1828
Crisis Care	1800 199 008
Parenting WA	08 6279 1200
Kid's Helpline	1800 551 800

If you are affected by family and domestic violence remember...

YOU ARE NOT TO BLAME

YOU DON'T DESERVE TO BE ABUSED

Contact us

Albany Women's Centre

08 9845 6000

awc@anglicarewa.org.au

24 Hour Family and Domestic Violence Crisis Service