Acknowledgements

This Resource Directory has been produced with the input and assistance from many people.

Booklet Development
Anne Hayward Nowra TAFE Student 1998
Update- Mandy Notley Nowra TAFE Student 2006
Supervision by YWCA NSW Family Abuse Prevention Centre
Update- 2008 Nowra Domestic Violence Committee
Update- Courtney Watson Nowra TAFE student 2014
Supervision by YWCA NSW Family Abuse Prevention Centre

Funding
The NSW Government through Family and Community Services supports the update and reprint of the Shoalhaven Domestic Violence Services Resource Directory organised by the Nowra Domestic Violence Committee.

Art work (cover and back)
Go Away by Eylemmm: eylemmm.deviantart.com/

Disclaimer:
The publisher, author, contributors and endorsers of this publication each excludes liability for loss suffered by any person resulting in any way from the use of, or reliance on this publication. This booklet cannot provide legal advice but is only an indication of general legal provisions and does not purport to cover the field.
For more information please refer to the appropriate legislation or seek independent legal advice.
Violence In The Home Has Many Forms

This resource directory has been specifically designed to give workers information about domestic violence and where to find help for their clients.

In this directory the term domestic violence is used to describe the pattern of behaviour aimed at controlling a person through fear which can be violent or threatening. This can occur between people who have, or have had, an intimate relationship.

The vast majority of domestic violence is perpetrated by men, but there are also cases in which men are victims. Domestic violence can affect anyone in the community, regardless of gender, sexual identity, race, age, culture, ethnicity, religion, disability, economic status or environment.

Family violence such as child abuse, sibling abuse, elder abuse or the abuse of a parent by a teenager/child are also considered domestic violence.

Questions you could ask:
- Does your partner constantly check up on where you are and what you are doing?
- Does your partner hit you (then tell you it will never happen again)?
- Are you afraid for yourself or your children?
- Does your partner accuse you of flirting?
- Does your partner force you to do sexual things you don’t want to?

If the client has answered ‘yes’ to any of these questions they may be in an abusive relationship.
What Is Domestic Violence?

As a worker your client may feel that they are not in an abusive relationship because there isn’t any physical violence, however, domestic violence encompasses more than physical abuse. It covers a range of behaviours directed by the perpetrator toward their partner and can include:

Physical Violence
Physical Abuse:
Includes but is not limited to:
- Assault of the body: slapping, kicking, punching, pushing, spitting, biting, eye injuries, strangulation, and shaking (it is still physical abuse if it leaves evidence or not)
- Using weapons including objects
- Making the victim take drugs
- Withholding medication, medical care or food
- Locking the victim out of the house

Sexual Abuse:
Includes but is not limited to:
- Assaulting the genitals
- Criticising or using sexually degrading insults
- Forcing the victim to engage in sex including being raped, bondage; watch pornography or taking explicit photos of the victim without consent

Property Damage:
Includes but is not limited to:
- Throwing items, breaking furniture or household goods, damaging doors or walls, destroying treasured possessions

Emotional Violence
Includes but is not limited to:
- Blaming the victim for all the problems within the relationship
- Emotional blackmail and emotional threats
- Speaking in ways that are frightening or threatening

- Using legal threats, creating a sense of impending punishment
- Abuse of pets in front of family members
- Driving dangerously

Social Abuse
Includes but is not limited to:
- Being moody when their friends come around and making them feel uncomfortable
- Rudeness to family consistently to alienate them
- Forbidding or physically stopping the victim from going out, who they talk to and what they do
- Restricting use of car or telephone
- Insisting they do everything together until they have no life of their own
- Moving to an isolated area away from friends or family

Financial Abuse
Includes but is not limited to:
- Denying access to bank accounts
- Preventing them from getting or keeping a job
- Using all of the victims wages including controlling income support such as pension
- Providing an inadequate “allowance”
- Gambling family income, selling or pawning things to pay debt without consent and putting the family at serious financial risk

Power Abuse
Includes but is not limited to:
- Making all the “big” decisions.
- Acting like the “master of the house”. Treating their partner like a servant.
- Intruding on them as a person, ignoring their rights.
- Expecting them to share all their thoughts, feelings, plans, regardless of whether or not they want to.

A person does not need to experience all of these behaviours for it to be considered domestic violence.
There Are Ways To Stop The Pain

It is very rare for a woman to end the relationship after the first episode of violence. Many women remain with violent partners for years. Many will experience a number of temporary separations before the relationship finally ends.

A woman escaping or thinking of leaving a violent situation may be confused or scared and may contact you for their support. From there you can assist them gain access to services or information to help them during this situation.

You can encourage them to use their own networks for support as well. This could be a trusted friend or family member, a counsellor or even someone that has experienced a similar situation.

Police

<table>
<thead>
<tr>
<th>POLICE/EMERGENCY</th>
<th>000</th>
</tr>
</thead>
<tbody>
<tr>
<td>NOWRA (24 hr)</td>
<td>4421 9699</td>
</tr>
<tr>
<td>88 Plunkett Street, Nowra</td>
<td></td>
</tr>
<tr>
<td>BERRY</td>
<td>4464 1404</td>
</tr>
<tr>
<td>56 Victoria Street, Berry</td>
<td></td>
</tr>
<tr>
<td>CULBURRA</td>
<td>4447 2004</td>
</tr>
<tr>
<td>Culburra Road, Culburra</td>
<td></td>
</tr>
<tr>
<td>HUSKISSON</td>
<td>4441 5779</td>
</tr>
<tr>
<td>Cnr of Woollamia and Huskisson Roads, Huskisson</td>
<td></td>
</tr>
<tr>
<td>SUSSEX INLET</td>
<td>4441 2665</td>
</tr>
<tr>
<td>Neilson Road, Sussex Inlet</td>
<td></td>
</tr>
<tr>
<td>ULLADULLA</td>
<td>4454 8599</td>
</tr>
<tr>
<td>73 Princes Highway, Ulladulla</td>
<td></td>
</tr>
<tr>
<td>KANGAROO VALLEY</td>
<td>4465 2542</td>
</tr>
<tr>
<td>175 Main Road, Kangaroo Valley</td>
<td></td>
</tr>
</tbody>
</table>

Some police staff have received specialised training in Domestic Violence. If you wish, ask at your local Police Station for the Domestic Violence Liaison Officer (DVLO) 4421 9624 or the Gay and Lesbian Liaison Officer.
YWCA NSW
Domestic Violence Intervention Service

- A support worker is available at the Nowra Police Station: Monday - Friday 8.30am - 4.30pm and is on call Saturday and Sunday.

- Speak to a support worker about the persons’ options and any services that may be able to assist.

- Referral links to services which will assist their needs such as court support, counselling, housing, Centrelink, financial, or legal services.

Call: 4421 9658

- Speak to Police for a direct referral to DVIS.
- This service is free to all victims.

Police Domestic Violence Liaison Officer/s
4421 9624
4421 9665

Ulladulla Domestic Violence Intervention Service (UDVIS)
Office hours: Monday and Tuesday 9am—4.30pm
Phone: 0409540407
Email: UDVIS@waminda.org.au

How It Begins & Why People Stay

The violence might start with a bit of a shove or a put down and can progressively get worse. The person may feel confused and start to think:

- That they are to blame for the abuse.
- Their partner is under stress due to work, family, etc.
- They have dreams and hopes and they don't want the family to split up.
- Their partner is so nice to everyone else, they believe it must be their fault
- People keep saying they’re crazy because they put up with it.
- People don’t believe that it’s as bad as it is.
- The perpetrator apologises and says they will never do it again.
- They love their partner.
- They fear loneliness and believe they can’t cope on own.
- They don’t think their partner can cope on his/her own
- They don’t want to separate their children from their father/mother.
- The perpetrator has a good relationship with the children so the victim stays.

Women who leave domestic violence situations may sometimes return to their partner time and time again.

Encouraging your client to be as prepared as possible before leaving the violent situation can be very beneficial. This support can be from their own networks or services.
Safety Plan

When a person wants to leave or is planning to leave a violent situation, a safety plan is useful as a checklist for the client to feel safe if they need to leave. Plans should be made with current circumstances in mind. These plans should be reviewed and updated regularly.

Safety at home:
- Support them to develop an escape plan in case things get out of control. This includes a safe bag which has essential items such as birth certificates, bank cards/papers, AVO’s, Medicare card, keys to car and/or house keys, and even a toy if they have a child
- Plan escape routes and practice using these if possible
- Keep a diary of frightening and/or violent incidents. This may help them when they need to get an AVO
- If there are problems with mobility organise a code word that if said while calling or sent via text they are to be picked up immediately by a friend or family member

Staying safe in public:
- Changing routines can help keep them safe: taking the bus instead of driving, going a different route or getting picked up can all help improve safety
- Encourage them to inform their boss or supervisor about the AVO
- Try to avoid parking in an underground car park, choose somewhere public and safe. If they do need to park underground, get someone to escort them to their car

Safety Plan Continued…

Keeping children safe:
- If they want to tell their children anything, ensure the information is relevant and appropriate for their age and understanding
- Telling the children about the risks may frighten them. Encourage the parent to keep the conversation practical just like any other incident like fires, crossing the road etc.
- Tell their school/childcare centre about the violence, along with any school parents they trust. They can watch for signs of escalation and help with their child’s emotional wellbeing. Also ensure that the school office has a copy of any of the parenting orders, plans and agreements

Staying safe online
- Deleting or changing their Facebook accounts. People can accidentally give away information of where they live, what they are doing and who they will be with without realising
- Changing their email account (and if possible) deactivate old email accounts. If they make a new account explain that accounts without full names, year of birth or nicknames would be better for safety
- Encourage use of public computers, e.g. the town library. Public computers are safer as they do not contain personal information and are regularly cleaned and cleared of information

For more information or to print out a copy of a safety plan checklist outline, go to: www.1800respect.org.au/get-help/staying-safe-understanding-safety-planning/safety-planning-checklist/
**Women’s Refuges**

Women’s Refuges have been set up all over Australia to support and accommodate women and children who feel unsafe at home.

SASSHI is in Nowra and provides:
- Short term crisis accommodation—each family has their own room
- Linen and other emergency items
- A place where the client can talk, be listened to and receive emotional support
- Help finding safe long-term housing
- Support with children—parenting, schools, behavioural issues etc.
- Follow-up and on-going support after leaving the refuge
- Workers from diverse backgrounds including Aboriginal
- Available 24 hours

<table>
<thead>
<tr>
<th>SAHSSI-Nowra</th>
<th>4421 8276</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.sahssi.org.au">www.sahssi.org.au</a></td>
<td></td>
</tr>
<tr>
<td>(After hours— contact DV Line)</td>
<td>1800 656 463</td>
</tr>
<tr>
<td>Wollongong</td>
<td>4229 8523</td>
</tr>
<tr>
<td>Warilla</td>
<td>4229 8523</td>
</tr>
<tr>
<td>Moruya</td>
<td>4474 3226</td>
</tr>
</tbody>
</table>

**Accommodation Services**

<table>
<thead>
<tr>
<th><strong>Link2Home</strong></th>
<th>1800 152 152</th>
</tr>
</thead>
<tbody>
<tr>
<td>State-wide homelessness information and referral telephone service. Available 24/7.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>St Vincent De Paul Society</strong></th>
<th>4228 8140</th>
</tr>
</thead>
<tbody>
<tr>
<td>Links families and adults to local services.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Illawarra Aboriginal Corporation</strong></th>
<th>4256 6275</th>
</tr>
</thead>
<tbody>
<tr>
<td>Will provide culturally appropriate flexible case management support for Aboriginal and Torres Strait Islander people.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>SAHSSI</strong></th>
<th>4421 8276</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provides supports to single women and women with children who are homeless or at risk of homelessness within Shoalhaven through links to support services and access to long-term accommodation.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Southern Youth and Family Services Association Inc.</strong></th>
<th>4228 1946</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provides support to families (including men with children and couples without children) who are homeless or at risk of homelessness within Shoalhaven through links to support services and access to stable long-term accommodation</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>CareSouth</strong></th>
<th>1300 554 260</th>
</tr>
</thead>
<tbody>
<tr>
<td>Will provide early intervention services by linking with schools, family and referral services.</td>
<td></td>
</tr>
</tbody>
</table>
Accommodation

CareSouth Youth Support Service 4422 7625
Short term and emergency accommodation for young people 16 to 24 years. Open 9am to 5pm to take referrals.

Shoalhaven Homelessness Hub 4423 2804
27 Junction Street, Nowra (Rear Entrance) A drop in centre for individuals, families and couples who are homeless or at risk of homelessness. www.shoalhavenhomelesshub.com Open Tuesday to Friday 10am to 3pm

Illawarra Family Referral Service

The Illawarra Family Referral Service (FRS) offers help with referrals throughout the Illawarra, Shoalhaven & Wingecarribee region.

The role of the FRS is to assist children, young people and their families who would benefit from accessing local support services. The Family Referral Service assesses the needs of young people and families and help link them to services in the local area.

Three offices are located at Warrawong, Nowra and Bowral.

Nowra office: 1/15 Moss Street, Nowra NSW 2541
Warrawong office: 13 Greene Street, Warrawong NSW 2502
Bowral office: 24 Bendooley Street, Bowral NSW 2576

Illawarra Family Referral Service
Referrals can be made between 8am—6pm Monday to Friday except public holidays. 1800 663 863

Email: familyreferral@barnardos.org.au
www.familyreferralservice.com.au

Medium/Long Term

Southern Cross Community Housing
Nowra—69 Kinghorne St, Nowra 4421 5145
Ulladulla—118-120 Princes Highway 4455 4543

Housing NSW
Suite 1, 17 Graham St, Nowra 4424 5411

Illawarra and South Coast Tenants Service
25a Gregory St, Batemans Bay 4275 4724
Provides information for tenants Mon & Fri 9am-1pm, Wednesday 9am-5pm, Thursday 1pm-5pm

CRC Southern Shoalhaven Tenant Support
78 St Vincent St, Ulladulla 4454 0477

Murra Mia Tenant Advice Service
25a Gregory St, Batemans Bay 4275 4724
Provides free advice and advocacy to all Aboriginal and Torres Strait Islander tenants Mon to Friday 9am-5pm.

Email: 1800 672 185 (Clients only number)
Shoalhaven Domestic Violence Resource Directory

Housing NSW
Phone: 4424 5411

Priority Housing
To be considered for urgent/priority housing
• In urgent need of housing
• Unable to resolve housing need in the private rental market
• Unsuitable housing circumstances and or at risk factors

People approved for urgent/priority housing are housed ahead of most other people on the social housing waiting list, and because of this, Housing NSW must be satisfied that the housing need is more urgent than the housing needs of other people waiting their turn to be housed.

Temporary Accommodation
• Utilised to assist homeless persons
• Requires proof of attempts to access private rental
• Is limited and strict.
• There is now a number for Link2Home on 1800 152 152 which provides information and referrals locally

Housing NSW can also provide assistance for women who are going into private rental accommodation

Rentstart
• Rentstart standard provides 75% of the bond of a private rental property (usually 3 weeks rent)
• Rentstart- plus can provide the standard assistance plus 2 weeks advance rent. Up to 100% of bond assistance may be approved in special circumstances. (This an approved Bond Loan which must be paid back, and is subject to a payment scheme.)
• Rentstart- tenancy assistance can provide up to 4 weeks for rental arrears to secure an existing tenancy. This form of assistance cannot be provided more than once in a twelve month period

Staying Home Leaving Violence

The Staying Home Leaving Violence program is targeted at women aged over 18 years and their children, who have separated from a violent partner or family member and choose to remain in their own home, or in another home of their choice. Staying home leaving violence works with the police and local community to help women leave violence and stay safely at home.

What does the program deliver?
Caseworkers assist the client and offer support to stay in their home by:
• Conducting risk assessments and audits
• Upgrading security in the home
• Developing personalised safety plans
• Working with police and local courts to remove the offender
• Providing court support and advocacy in applying for Apprehended Violence Orders and at family court proceedings
• Providing case work to address financial and tenancy issues, and counselling support
• Providing referrals to legal advice and other support services

For more information contact: 4421 7400
Email: adminshlv@shoalhavenshlv.org.au
Apprehended Violence Orders

AVOs

An Apprehended Violence Order is an order made by a court restricting the behaviour of the person the order was taken out against. An AVO usually states that a person cannot assault, harass, threaten, stalk, or intimidate a person, or go within a certain distance of their home or workplace. Other orders can be included if necessary.

There are two types of Apprehended Violence Orders:

- **Apprehended Domestic Violence Order (ADVO)**
  An AVO made where the people involved are related, living together, or in an intimate relationship, or have been in this situation earlier.

- **Apprehended Personal Violence Order (APVO):**
  An AVO made where the people involved are not related and do not have the domestic or personal relationship, e.g. they are neighbours.

Who can get an AVO?

Any person who fears violence, harassment, intimidation and/or stalking can apply for an AVO. However, if the person is under the age of 16 only the police can apply for an AVO on their behalf. Persons 16 years and over can apply through either the police or the chamber registrar at a local court.

What do you have to prove to get an AVO?

Reasonable grounds to fear and do fear:

- a personal violence offence eg. assault
- harassment or molestation
- intimidation or stalking

How to get an AVO

There are two ways to get an AVO. Either the police will apply for an AVO or the person must attend their local court house and make an appointment to see the Chamber Registrar.

What happens when an AVO is made?

The AVO restricts the behaviour of the defendant by placing conditions on the AVO. These conditions include: not to assault, harass, threaten, stalk or intimidate. Other conditions can be included if necessary. The Court and NSW Police Force keep a record of the AVO made by the Court and the conditions imposed.

A provisional order (or temporary) AVO can be applied for if there is urgent need for protection.

Can an AVO protect children?

Children affected by domestic and family violence should be protected. Any children will be included on the AVO. A police officer is the only person who can apply for an Apprehended Violence Order for a child under 16 years. Anyone over 16 years can apply for an Apprehended Violence Order on their own behalf.

What happens if the defendant breaches the AVO?

The defendant breaches the AVO if s/he does anything that the AVO says s/he is not to do. The victim should keep a copy of the AVO and call the police if the defendant breaches any of the orders listed on their AVO. The police can then charge the defendant with breaching the AVO if there is sufficient evidence to do so.
Legal Help

Your client may need to get some legal advice for:

- Protection of themselves and their children
- Post separation and parenting arrangements
- Child support payments
- Property settlements (house, cars, bank accounts, etc.)
- Protection of property
- Access Legal Aid

There are services that can help you get legal information.

**Women’s Legal Service**
Provides free and confidential legal advice to women.
Women’s legal contact line: 1800 801 501
www.womenslegalnsw.asn.au/wlsnsw/

**Legal Aid**
Legal Aid can provide free advice and information for most people, they can also provide representation where the person fits the legal aid criteria. Check with Legal Aid to see which help they can get. Contact the Nowra office on: 4422 4351 or visit www.legalaid.nsw.gov.au/

**Victims Compensation**
A client may be eligible for assistance with: removalists, counselling costs, security upgrades. Phone Victim Services for more information. Victim Support Line: 1800 633 063
Aboriginal contact line: 1800 019 123
www.victimsservices.justice.nsw.gov.au

**Shoalcoast Community Legal Centre**
Community Legal Centres provide free legal advice and in some cases legal representation to members of the community. You can have your legal rights explained to you as well as advice on the best possible action you can take.
Phone: 4422 9529 or visit www.shoalcoast.org.au/

Legal Advice, Information & Referral

<table>
<thead>
<tr>
<th>Shoalcoast Community Legal Centre</th>
<th>4422 9529</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unit 10B, 2nd floor – The Holt Centre, 29-31 Kinghorne St, Nowra</td>
<td></td>
</tr>
<tr>
<td>Provides free legal advice and assistance. Appointments are available in Nowra. No referral required.</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.shoalcoast.org.au">www.shoalcoast.org.au</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Legal Aid</th>
<th>4422 4351</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 2, 59 Berry Street, Nowra</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chamber Registrar</th>
<th>4480 6900</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nowra Court House - Plunkett Street, Nowra</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Milton Court House</th>
<th>4455 2116</th>
</tr>
</thead>
<tbody>
<tr>
<td>64 Princes Highway, Milton</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Women’s Legal Advice Line</th>
<th>9749 5533</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free Call</td>
<td></td>
</tr>
<tr>
<td>1800 801 501</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Domestic Violence Advocacy Service</th>
<th>8745 6999</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advice Line</td>
<td></td>
</tr>
<tr>
<td>1800 810 784</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Illawarra Legal Centre</th>
<th>4276 1939</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 Greene Street, Warrawong 2502</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Family Relationships Advice Line</th>
<th>1800 050 321</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.familyrelationships.gov.au">www.familyrelationships.gov.au</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Family Law Court National Enquiry</th>
<th>1300 352 000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Centre General information and referrals</td>
<td></td>
</tr>
<tr>
<td>familylawcourts.gov.au</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>UnitingCare Unifam - Counselling &amp; Mediation</th>
<th>4423 7782</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Victim Support Service</th>
<th>1800 633 063</th>
</tr>
</thead>
</table>

~21

~22
Firearms

If called to a domestic violence incidence, the police must ask whether there are any guns in the home. If guns are in the home, the police must search and seize them. If the police are told there are no guns, but they have reasonable cause to believe that there are in fact guns in the home, they can apply for a search warrant and remove any guns found.

What happens to the firearms license?
If the perpetrator of the violence holds a gun licence or permit, the police must suspend it if:

- the person is charged with a domestic violence offence
- the police have 'reasonable cause' to believe the person has committed or threatened to commit a domestic violence offence
- an application for an AVO against the person has been made
- an interim (temporary) AVO has been granted

If an interim AVO has been granted, the gun licence will be suspended to the length of the interim AVO.

Can the person apply for another gun license?
If a final AVO is granted, the person's gun licence is automatically revoked. The person cannot apply for another gun licence within ten years of the AVO being made (unless the order is revoked).

Family Relationship Centre
Family Dispute Resolution

The Family Relationship Centre can assist parents and caregivers to resolve post separation parenting arrangements through a mediation process. Clients can self-refer or be referred by other agencies. A thorough assessment process is used to ensure the safety of all parties in a mediation. There are a number of options available in conducting joint mediations in cases where there has been family violence that aim to ensure a safe and fair process. The Centre welcomes the involvement of other services and takes a collaborative approach. The Centre will also refer clients to other services based on identified needs.

The Family Relationship Centre process includes participation in an education group called “Our Children”. The Our Children group explores the effect of conflict on adults and children and looks at ways the adults involved can take a businesslike approach to post separation parenting.

There are of course those cases where it is not suitable to mediate. In these cases the family dispute resolution practitioner issues a Section 60I certificate which enables a person to commence a family law matter in the court. All clients of the Centre are encouraged to obtain legal advice about their specific situation. Where clients do not already have legal advice the Centre can offer suitable referrals.

Family Relationship Centre Nowra
47 West Street Nowra
nowrafrc@anglicare.org.au
4424 7150

Ulladulla Outreach office
88 South St Ulladulla
(by appointment only, as organised through the Nowra office)
Domestic Violence Support & Court Advocacy Service

YWCA NSW Family Abuse Prevention Centre
Women's Domestic Violence Court Advocacy Service
8 McGrath Avenue, Nowra 4423 8507
After hours contact Lifeline on 131 114
and ask for the Shoalhaven Domestic Violence Support Worker

These services aim to provide women and children whose lives are affected by domestic violence with support, information and referral to services in the community.
A worker from the centre will:

- talk to your client about their needs and options.
- ensure that they have legal representation in court if they want it.
- advocate for them to ensure that the Apprehended Violence Order is tailored to meet their needs
- go with them to court and support them through the court process.
- Refer them to services which can assist their needs such as Housing, Centrelink, legal or counselling.

The service is free to all women

<table>
<thead>
<tr>
<th>Women's Domestic Violence Court Advocacy Service (South Coast)</th>
<th>4423 8507</th>
</tr>
</thead>
<tbody>
<tr>
<td>Domestic Violence Court Advocacy Service</td>
<td>4228 1499</td>
</tr>
<tr>
<td>Wollongong Women's Centre</td>
<td>4227 3347</td>
</tr>
</tbody>
</table>

Health / Medical

Shoalhaven District Memorial Hospital
Shoalhaven Street, Nowra 4421 3111

Sexual Assault Centre - Links House
On the premises of Shoalhaven Hospital Scenic Drive, Nowra 4423 9211

Mental Health Services
70 Berry Street, Nowra 4422 6066

Community Health Service Centres
- Nowra 4424 6300
- St Georges Basin 4443 7646
- Ulladulla 4455 5366

Shoalhaven Women's Health Centre
5 McGrath Ave, Nowra 4421 0730

Crossroads Youth Health Services
49 Worrigee St, Nowra 4423 1784
Provides health services to homeless and at risk young people. Youth ages 12 to 24. No cost involved. Appointment necessary for GP, psychologist, or dietician. Monday to Friday 8.30am to 5pm

Waminda Aboriginal Women's Health & Welfare
47 Worrigee St, Nowra 4421 7400
Email: administration@waminda.org.au

Drug & Alcohol Help Line
Illawarra & Shoalhaven 1300 652 226

Milton/Ulladulla Hospital
Princes Highway, Milton 4455 1333

Mental Health Services (Mingara)
100 St Vincent St, Ulladulla 4455 1840
Doctors

When physical injury has occurred it is important to report the injuries to a doctor, or visit Accident and Emergency at the local hospital, to have any injuries received assessed and documented.

Many doctors these days are aware of the problem of domestic violence. The GP may be someone the client feels comfortable talking to, or they may be able to suggest someone who can help.

If they do not feel comfortable talking to their doctor about domestic violence problems, then some of the other services listed in this directory may be more helpful to them.

Waminda Aboriginal Women’s Health & Welfare

Waminda provides health services to Aboriginal and Torres Strait Islander families. It promotes healthy lifestyles for Aboriginal women of all ages through its various programs and services, including but not limited to:

- Drug and alcohol support
- Family support
- Domestic Violence support
- Supported playgroups
- Staying Home Leaving Violence
- General practice
- Health checks
- Immunisation
- Pregnancy tests
- Information/Education

Aboriginal Services

Medical

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aboriginal Medical Service (AMS)</td>
<td>4428 6666</td>
</tr>
<tr>
<td>Jane Ardler Centre</td>
<td></td>
</tr>
<tr>
<td>51-53 Berry St, Nowra</td>
<td></td>
</tr>
<tr>
<td>Waminda Aboriginal Women’s Health &amp; Welfare</td>
<td>4421 7400</td>
</tr>
<tr>
<td>47 Worrigee St, Nowra</td>
<td></td>
</tr>
<tr>
<td>Email: <a href="mailto:administration@waminda.org.au">administration@waminda.org.au</a></td>
<td></td>
</tr>
</tbody>
</table>

Legal

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aboriginal Legal Service</td>
<td>4422 3255</td>
</tr>
<tr>
<td>89 Plunkett St, Nowra</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.alsnswact.org.au">www.alsnswact.org.au</a></td>
<td></td>
</tr>
<tr>
<td>Shoolcoast Community Legal Centre</td>
<td>4422 9529</td>
</tr>
<tr>
<td>Unit 10B, 2nd floor, The Holt Centre, 29-31</td>
<td>1800 229 529</td>
</tr>
<tr>
<td>Kinghorn St, Nowra</td>
<td></td>
</tr>
<tr>
<td>Indigenous Women’s Legal Contact Line</td>
<td>1800 639 784</td>
</tr>
<tr>
<td><a href="http://www.womenslegalnsw.asn.au/wlsnsw/">www.womenslegalnsw.asn.au/wlsnsw/</a></td>
<td></td>
</tr>
</tbody>
</table>

Domestic Violence Support and Crisis Accommodation

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nowra Crisis Accommodation - Nowra</td>
<td>4421 8276</td>
</tr>
<tr>
<td>Aboriginal Specific Worker</td>
<td></td>
</tr>
<tr>
<td>Ulladulla Domestic Violence Intervention Service (UDVIS)</td>
<td>0409 540 407</td>
</tr>
<tr>
<td>Children</td>
<td></td>
</tr>
</tbody>
</table>

Aboriginal Children’s Service                  | 9692 9999|
Defence Services

Defence Social Worker
Defence Social Workers are qualified professionals who are knowledgeable about the Australian Defence Force (ADF) and the lifestyle of its members and come under the Defence Community Organisation (DCO).

Role of DCO Social Worker
- case work service to ADF members and their families
- support in times of crisis - including domestic violence and any follow up needed
- financial counselling
- referrals, where necessary, to appropriate services and agencies
- community development programs
- the planning, development and conduct of remedial, preventative and educative projects
- liaison with community welfare bodies and programs and with other Defence support agencies relevant to the well-being of ADF members and their families.

Services provided by the Defence Social Workers are bound by confidentiality.
The social worker can be contacted by phone or by calling into the office.

To access a social workers services, contact the Defence Family Helpline on 1800 624 608 or via email at DefenceFamilyHelpline@defence.gov.au

Defence Social Workers 4421 3855
Level 2, Suite 2, Bridgeton House, 55-57 Berry Street, Nowra

Money / Material Assistance

Dept. of Human Services - Centrelink 136 150
4 Lawrence Ave, Nowra
Family Assistance Office

Centrelink is an Australian government agency delivering a range of services to the Australian community. Centrelink options match personal circumstances, such as a significant change or changes that affect a person and/or their family, with relevant payments and services. Feel free to ask for the Social Worker who will provide professional assessment, counselling and referral to community support services. Centrelink offers a crisis payment to customers who, because of an extreme circumstance such as domestic violence, are forced to leave their home and establish a new home or remain in their home after the person responsible has been removed. The crisis payment is also available for perpetrators of domestic violence if they leave the home.

Other Services
In most areas there are community organisations that may be able to offer emergency assistance in the form of food parcels or used furniture, clothing, blankets, electricity vouchers.

Salvation Army Family Store - South Nowra behind Pacific pines 4472 9006
Salvation Army Welfare Worker 4421 7261
St Vincent De Paul 4421 0390
All Saints Community Care 4423 1099
Saltbox 0434 334 541 4421 4433

Saltbox 0434 334 541
54 Nerang Rd Bomaderry 4421 4433
A supportive environment where people experiencing hardships, including domestic violence and homelessness, can visit. They offer food, clothing and there are workshops once a month. Every Thursday 11am – 1pm.
Money / Material Assistance
Cont.

Milton/Ulladulla
St Vincent de Paul Society  4455 5666
St Martin’s Anglican Church  4454 2030
Uniting Church  4454 2404
Highway Christian Church  4454 0092

Gambling Problems
Gambling Helpline  1800 858 858
Gambling Help service  4423 7782
48 Junction Street, Nowra
UnitingCare Unifam works with all people affected by problem gambling, including friends, family and even children, not just the gambler.

Credit Line Financial Counselling  4421 5365
Junction St, Nowra
Financial counselling is free and can help people manage their money.

Child Support enquiries  132 272
Credit and Debt Hotline NSW  1800 808 488

Crisis Payments After Leaving Violence
A crisis payment is a one off payment to people who have experienced difficult or extreme circumstance. Payment is from Centrelink.
For your client to be eligible they must:
• Be receiving an income support payment
• Be in severe financial hardship, and
• submitted their claim for Crisis Payment within 7 days after the event that led them to claim, and either they:
  o have left their home and cannot return, because of an extreme circumstance, such as domestic violence or a house fire, and they have set up or intend to set up a new home
  o remain in their home after experiencing domestic violence, and the family member responsible has left or has been removed from your home

This information has been copied form the Department of Human Services website, for further information see http://www.humanservices.gov.au/customer/services/centrelink/crisis-payment
Interpreters / CALD (Migrant) Services

Women from diverse cultures and backgrounds face different problems when living with domestic violence. They may not know what services they can use or the laws around domestic violence in Australia. There may be cultural beliefs that domestic violence is okay and that a woman should live with it.

Some cultures do not believe a woman has the right to leave a marriage and may be isolated from her community if she does leave.

Illawarra Multicultural Service 4422 5933
2/80 Park Road, East Nowra

Illawarra Multicultural Services 4229 6855
27 Atchison Street, Wollongong
www.ims.org.au/

Immigration Advice and Rights Centre 8234 0799
www.iarc.asn.au/

Multilingual interpreting 131 450
(24 hr 7 days a week)

Health Care Interpreter Service (HCIS) 4274 4211
Illawarra

Immigrant Women’s Speak Out Assoc. 9635 8022
www.speakout.org.au

Children

A primary concern of any community should be the health and well-being of its children. Children should be able to grow up in an environment which enables them to develop physically, intellectually and socially in conditions of freedom and dignity.

Domestic violence has a profound effect on children and constitutes a form of child abuse. Children can be affected by being exposed to violence in the parental relationship, by becoming victims of violence, or a combination of the two.

Nowra

Department of Family and Community Services (FACS) 4424 5100
Child Protection Helpline 132 111
Nowra Community Health Centre 4424 6300
Nowra Family Support Services 4421 5499
Shoalhaven Family Care Cottage 4422 6111

Kidsafe 9845 0890
Aboriginal Children's Services 9692 9999

Kids HELPLINE Freecall 1800 551 800
Commission For Children And Young People 9286 7276

NAPCAN - National Association for Prevention of Child Abuse and Neglect 8073 3300
www.napcan.org.au

Anglicare Family Mental Health Support Service 4424 7100

Ulladulla

Ulladulla Community Health Centre 4455 5366
Ulladulla Family Support Service 4455 5428
Ulladulla Department of Community Services 4454 7757
### Mission Australia Community Services

Level 1, 15 Norfolk Avenue South Nowra.
Phone: 4448 2000

Services include:
- Brighter Futures
- Grandparents Supporting Grandchildren
- Early Links
- Therapy and intervention

This service also does outreach to Ulladulla.

### Mission Australia Employment Services

72 Berry Street, Nowra.
Phone: 4424 9600

Services also available at this site: Gambling counselling.

### Support Services For Women

It may be helpful for your client to talk to someone about their situation, whether they are living with domestic violence, or if they have left an abusive relationship.

This will help them:
- Realise it is not their fault
- Talk about what has happened to them
- Get support for now and the future
- Increase their confidence and self-esteem
- Know that they are not alone
- Find out about resources and services which can help them

You can find out about services by ringing the numbers listed in this resource directory.

### Counselling & Support Services

#### Nowra

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shoalhaven Women’s Health Centre</td>
<td>4421 0730</td>
</tr>
<tr>
<td>Community Health Counselling Service</td>
<td>1300 792 755</td>
</tr>
<tr>
<td>Anglicare</td>
<td>4424 7100</td>
</tr>
<tr>
<td>Centacare</td>
<td>4421 8248</td>
</tr>
<tr>
<td>Unifam Counselling &amp; Mediation</td>
<td>4423 7782</td>
</tr>
<tr>
<td>YWCA Family Abuse Prevention Centre</td>
<td>4423 8507</td>
</tr>
<tr>
<td>SAHSSI</td>
<td>4421 8276</td>
</tr>
<tr>
<td>Nowra Family Support Services</td>
<td>4421 5499</td>
</tr>
<tr>
<td>Links House - Sexual Assault Centre</td>
<td>4423 9211</td>
</tr>
<tr>
<td>Creditline Financial Counselling (Lifeline)</td>
<td>4421 5365</td>
</tr>
<tr>
<td>Youth Centre</td>
<td>4422 1988</td>
</tr>
</tbody>
</table>

#### Ulladulla

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ulladulla Community Health Centre</td>
<td>4455 5366</td>
</tr>
<tr>
<td>Ulladulla Domestic Violence Intervention Service UDVIS</td>
<td>0409 540 407</td>
</tr>
<tr>
<td>Ulladulla Family Support Service</td>
<td>4455 5428</td>
</tr>
</tbody>
</table>

#### Telephone Services

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anglicare</td>
<td>4424 7100</td>
</tr>
<tr>
<td>Lifeline</td>
<td>131 114</td>
</tr>
<tr>
<td>DV Line</td>
<td>1800 656 463</td>
</tr>
<tr>
<td>DV Advocacy Service (Legal)</td>
<td>1800 810 784</td>
</tr>
<tr>
<td>Women’s Legal Advice Line</td>
<td>1800 639 784</td>
</tr>
<tr>
<td>Victims Support Line</td>
<td>1800 633 063</td>
</tr>
<tr>
<td>NSW Rape Crisis Line</td>
<td>1800 424 017</td>
</tr>
</tbody>
</table>
What About Men?

Men can also be the victim as well as the perpetrator. If a man discloses to you about being in an abusive relationship, it may have been very difficult for him. There are just as many barriers for a man to disclose as there are for women which may include ridicule, minimising the effect of the violence, blame, and even shame. Believing them and reassuring them that if they are misheard, blamed, shamed etc. by any other service that they should not feel discouraged and you will help them find the support they want/need.

Some services or information that may be helpful:

- The John Purcell House in Nowra is for unaccompanied men aged 22 and over at risk of homelessness or experiencing homelessness. The service is located at 11 Lawrence Ave, Nowra NSW 2541. Phone 4423 3558. Demand is high and there may not be any availability but they will try to help in any way they can if they can not get a client into accommodation.

- Men4life is a support group in Nowra for men who are in a personal crisis. The support group is aimed at hearing individuals' stories and getting support from other in the group. The group meets at the Nowra Youth Centre every Tuesday night 6pm—8pm. The contact phone is 0431 549 593 or email them at men4lifehelp@gmail.com.

- Mensline Australia is a generic helpline for men and all relationship issues including men who are dealing with family violence. www.mensline.org.au/ or call 1300 789 978 available 24 hrs 7 days a week.

Pets

If you are concerned or have been told by the client you are working with that they are fearful for their pets there are options available to help.

Some women won’t leave unless they know there is somewhere safe for their pets to go. If these services can be organised earlier, it will make a more fluid transition.

These options are only temporary, and some do require payment and health checks of pets before assistance given. These should be considered.

| Pet feeding/walking services                                                                 | 0429 429 885 |
| (listed in local yellow pages under ‘Pet Care Services’)                                 |              |
| Pet boarding kennels                                                                       |              |
| (listed in local yellow pages under ‘Dog Boarding Kennels’ or ‘Cat Boarding’)             |              |
| Animal Welfare League Nowra                                                                 | 0414 749 490 |
| (has access to volunteers, placement of animals in temporary care)                         |              |
| RSPCA Nowra - Nowra West                                                                    | 4429 3410    |
|                                                                                             | 0414 749 490 |
| RSPCA Ulladulla                                                                            | 0414 749 490 |
| RSPCA Moruya                                                                               | 4472 9678    |
| RSPCA: Safe Beds for Pets                                                                    | 0434 258 259 |
Education And Training

Employment and Training

JET Advisor 136 150
Advice for sole parent pension recipients on future directions for training and employment

Illawarra ITEC Ltd (Nowra Office) 4424 5924

Mission Australia Employment Services 4424 9600
72 Berry Street, Nowra

Mission Australia Ulladulla 4454 6700

Wesley employment and training Moruya 4474 5147

New Careers for Aboriginal People (NCAP) 4422 4222

Sureway Employment and Training 4429 1800

Youth Employment and Training

Campbell Page
108b Kinghorne St, Nowra

Mission Australia Employment Services 4424 9600
72 Berry Street, Nowra

Ulladulla TAFE 4454 9200

Nowra TAFE 4421 9888

Aboriginal Education Unit TAFE 4421 9817

TAFE Counsellor 4421 9886
Can be contacted for assistance with course choices and career counselling

Learner support centre TAFE 4422 6722
Courses for adults who want to improve their literacy/numeracy skills, and English speaking courses. Can be in small groups at the college.

Career Education & Employment For Women (TAFE) 4421 9888
Helps you to develop new skills and confidence to move towards a job or further study.

Shoalhaven and Kiama Community College
Shoalhaven Campus 1 Mattes Way, Bomaderry NSW 2541 4423 0351
Kiama Campus 7-9 Railway Parade, Kiama NSW 2533 4232 1050
Email: info@kcc.nsw.edu.au

University of Wollongong – Shoalhaven 4448 0888
Campus
George Evans Rd, Mundamia 2540
http://www.uow.edu.au/
Statistics On Domestic Violence

Rates of violence against women from the age of 15

- 1 in 5 Australian women had experienced sexual violence
- 1 in 6 Australian women had experienced physical or sexual violence from a current or former partner
- 1 in 4 Australian women had experienced emotional abuse by a current or former partner
- 1 in 3 Australian women had experienced physical violence

Violence against Women: key statistics

- 36% of women had experienced physical or sexual violence from someone they knew
- 15% of women had experienced physical or sexual violence from an ex partner
- For 62% of the women who had experienced physical assault by a male perpetrator, the most recent incident was in their home.
- 73% of women had experienced more than one incident of violence
- 61% of women had children in their care when the violence occurred, including 48% had said the children had seen and heard the violence
- 58% had never contacted the police
- 24% of women had never sought advice or support

89 women were killed by their current or former partner between 2008-2010.
(Statistics are based off the 2012 ABS Personal Safety Survey and the Australian Institute of Criminology)

Most Used Telephone Numbers

<table>
<thead>
<tr>
<th>POLICE</th>
<th>AMBULANCE</th>
<th>FIRE</th>
<th>000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Domestic Violence Line—Free call</td>
<td>1800 656 463</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lifeline</td>
<td>131 114</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Nowra

| Police | 4421 9699 |
| YWCA NSW Family Abuse Prevention Centre | 4423 8507 |
| Nowra Domestic Violence Intervention Service | 4421 9658 |
| Shoalhaven District Hospital | 4421 3111 |
| SAHSSI Nowra Crisis Accommodation | 4421 8276 |
| Nowra Court House | 4480 6900 |
| Shoalhaven District Hospital | 4421 3111 |
| Shoalcoast Community Legal Centre | 4422 9529 |
| Legal Aid | 4422 4351 |

Milton/Ulladulla

| Police | 4454 2542 |
| Ulladulla Domestic Violence Intervention Service | 0409540407 |
| Milton Hospital | 4455 1333 |
| Milton Court House | 4455 2116 |

General Information

| Domestic Violence Advocacy Service | 8745 6999 |
| Indigenous Women’s Legal Contact Line | 8745 6977 |
| Violence Against Women Confidential Hotline | 1800 200 526 |
| 1800 810 784 |
| 1800 639 784 |
| 1800 200 526 |
Some Useful Websites/Apps

**Relationships Australia**–  [www.relationships.org.au](http://www.relationships.org.au)

**Domestic Violence** – NSW Government website  

**National Sexual Assault, Family & Domestic Violence Counselling Line**  

**NSW Police**  

**Aurora**– for people experiencing domestic violence or who are worried about their relationship. The app is available for free download on the Android Google Play Store and IPhone App Store.

![Aurora QR code](QR_code.png)

Aurora QR code– Scan to download immediately to your phone.

**Path2Home**– A free app for both Android and IPhone for people looking for immediate support with a crisis, housing, food, clothing and other support and do not know where to go for help. Available for free on Android Google Play Store and IPhone App Store.

![Path2Home QR Codes](QR_code.png)

Path2Home– QR Codes  
Scan to download immediately to your phone  
Left: Apple phones  
Right: Android Phones

End Notes

Some of the information found in this Resource Directory has been taken from the following sources:


Domestic Violence *It can happen to anyone*. Information found at [www.domesticviolence.nsw.gov.au](http://www.domesticviolence.nsw.gov.au)

Interagency Agency Guidelines for Child Protection Intervention

Illawarra Legal Centre. Information from ‘Acting Against Violence’ brochure.


NSW Women’s Refuge Referral & Resource Centre, ‘It’s Not Love, It’s Violence’ information and resource kit about domestic violence

Family Referral Service. Information found at [Family Referral Service– Your link to support pamphlet](http://www.domesticviolence.nsw.gov.au)

Women’s Refuge Movement. Information found at ‘Women’s Refuge Information Kit’

Violence against women. Information found at [Violence against Australian Women PDF](http://www.domesticviolence.nsw.gov.au)

Change of Details

The accuracy of the Shoalhaven Domestic Violence Resource Directory depends upon receiving information from the community. If you have updated information which should be included in future editions please photocopy or cut out this page and send it to:

YWCA NSW Family Abuse Prevention Centre
8 McGrath Ave, PO Box 333
NOWRA NSW 2541
Phone: (02) 4423 8507
Fax: (02) 4422 5155
Email: abuseprev@ywcansw.com.au

Name of Organisation:

Address:

State: ............ Post Code: ............

Phone No:

Fax No:

Service Available:

Phone Numbers or Notes

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

...............................................................

.............................................................
This Domestic Violence Resource Directory is an information manual for women and children whose lives are affected by domestic violence and for services assisting these women and children.

SAHSSI Nowra
Phone: 4421 8276

YWCA NSW Family Abuse Prevention Centre
8 McGrath Avenue
Nowra NSW 2541
Phone: 4423 8507
Email: abuseprev@ywcansw.com.au

Waminda Aboriginal Women’s Health & Welfare Corporation
47 Worrigee Street
Nowra NSW 2541
Phone: 4421 7400
Email: administration@waminda.org.au

UDVIS
Ulladulla NSW
Phone: 0409540407
Email: UDVIS@waminda.org.au

Project of the Nowra Local Domestic Violence Committee