

# The Journey of the Butterfly

Change, Growth, Transformation.

## TERMS 1 & 2 2012

- ☉ **WHEN?**- Friday afternoons  
TERM 1: 17 Feb – 30 Mar (7 weeks)  
TERM 2: 23 Apr – 29 June (10 weeks)

- ☉ **TIME:** 12.30 – 2.30 p.m.  
Childcare provided on request

- ☉ **WHERE?**  
Ranui Baptist Church  
  
464 Swanson Road, Ranui

- ☉ **WHO IS THE GROUP FOR?**  
**WOMEN:**

- Who are dealing with the impact of family violence in or out of the relationship
- Who want to break the cycle of violence and its impact on their children
- Who want to build support, rebuild their lives and work towards positive changes

## WHAT IS THE PROGRAMME ABOUT?

- ☉ Understanding Family Violence
- ☉ Healthy & Unhealthy Relationships
- ☉ Equality, Power & control
- ☉ Cycle of abuse
- ☉ Why women stay in violent relationships
- ☉ Impact of family violence on children
- ☉ Children in abusive homes
- ☉ Children in nurturing homes
- ☉ Creating a new 'landscape' for self & children
- ☉ Boundaries & managing anger
- ☉ Self esteem
- ☉ Self care
- ☉ Legal information
- ☉ Information about local resources & support services
- ☉ Build support networks & not feel isolated

## WHO WE ARE:

The **WOMEN'S CENTRE WAITAKERE** was established in 1983 in response to a need by local women for a community based service run by women for women

## TO REGISTER- CONTACT US ON:

- Telephone: 09 838 6381 or  
Fax: 09 836 2470 or  
Email: [info@womenscentre.org.nz](mailto:info@womenscentre.org.nz)

## OR VISIT US

@ 111 McLEOD ROAD, TE ATATU SOUTH

When you call us, please say whether it is safe for us to call you back and leave you a message