

# Recovery & Support Programs

## FOR WOMEN

### SHARK CAGE

Assists women who have experienced domestic and/or sexual violence. Shark Cage teaches women their rights, improves awareness of abusive behaviours and how to identify and respond to such behavior, and ways to decrease the likelihood of domestic violence happening again.

Ring CatholicCare Central Coast 1800 324 924

### STAYING HOME LEAVING VIOLENCE

A program that gives women wanting to escape domestic violence a choice – either to stay in their own homes or to leave safely. For women wanting to stay in their home, we work with the police for exclusion orders and provide a safety audit of your home plus security upgrades.

Ring CatholicCare Central Coast 1800 324 924

### WOMEN'S DOMESTIC VIOLENCE COURT & ADVOCACY SERVICE

Provides support, advocacy, referrals and information for women experiencing domestic violence. We help women and their children with information about domestic violence and how to get protection from the court. The service attends to clients before, during, and after court. (For women in the Upper and Lower North Shore, and Northern Beaches)

Ring Women's Domestic Violence  
Court & Advocacy Service 1800 324 924

### REGAINING SELF

Looks at issues relating to the impact of domestic violence. Topics include identifying violence, the law, the impact on children and on self-esteem, communication, anger and sadness, recognising healthy relationships, stages of change and how to move on.

Ring CatholicCare Central Coast 1800 324 924

## FOR MEN, WOMEN AND CHILDREN

### SAFE HOMES

A service for all victims of domestic violence – males, females, and children. This service also assists men who wish to change their behavior and become better fathers.

Safe Homes runs groups and provides education to help people who are violent toward their family to understand the impact of their behavior and how to make changes. The program helps children recover from the trauma of violence. The program also works with families and parents who have grown up with violence as children, and now live with violence in their homes as adults. We help children heal and learn positive ways to communicate and deal with conflict, so that domestic violence does not pass down through generations.

Ring CatholicCare Central Coast 1800 324 924

### BACK ON TRACK

A Men's Behaviour Change program for men that supports men to change their futures to avoid repeating unsafe behaviours and the harm and consequences that follow. Men work to rebuild respect and safety allowing repair and trust to develop in their families.

Ring CatholicCare 1800 324 924

### HEALTHY YOUNG MEN AND WOMEN

These are early intervention/prevention groups run in schools aligning with the PDHPE curriculum. The program is for 12-18 year olds and supports the promotion of better mental health and healthy relationships. The aim is to prevent domestic and family violence and youth suicide on the Central Coast. This is a collaboration with Head Space and CatholicCare.

Ring CatholicCare 1800 324 924

## INFORMATION ON THE WEB

### 1800 RESPECT

[www.1800respect.org.au](http://www.1800respect.org.au)

### CATHOLICCARE BROKEN BAY

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

### DOMESTIC VIOLENCE RESOURCE CENTRE VICTORIA

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

### CHANGE THE STORY

A shared framework for the primary prevention of violence against women and children in Australia <https://www.ourwatch.org.au/change-the-story/>



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