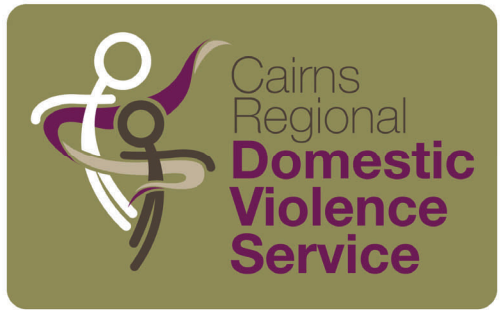
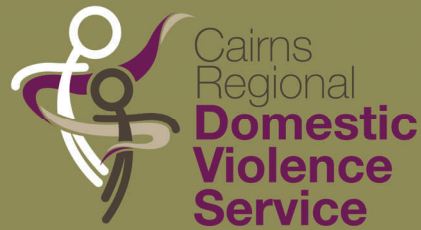


## Services provided by Cairns Regional Domestic Violence Service

- Crisis support
- Assistance with Domestic Violence Protection Orders
- Court Support
- Counselling for people affected by domestic or family violence
- Child counselling for children and adolescents affected by domestic violence
- Community education and professional training
- Information and referral to other services
- Liaison and consultation with other agencies
- Information brochures, posters and fact sheets



Room 19

600 Bruce Highway

Woree Qld 4868

PO Box 12103, Cairns Delivery Centre, 4870

**Ph: 40336100**

Fax: 40335863

Email: [office@dvcairns.org](mailto:office@dvcairns.org)

[www.dvcairns.org](http://www.dvcairns.org)

### Other useful contact numbers

24 hr Qld Domestic Violence Telephone Service includes access to shelters	1800 811 811
Police/Ambulance	000
Police Cairns	07 40307 000
Lifeline Telephone Counselling	131114
Legal Aid Qld	1300 651 188

*Funded by the Department of Communities Qld*

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## Domestic and Family Violence Counselling



Empowering people affected by  
domestic and family violence

## What is domestic & family violence?

- **Family Violence** is behaviour by one family member that causes physical, sexual and/or emotional damage, including fear of harm to people, pets or property.
- Commonly family violence is perpetrated by one partner to another which is known as **Domestic Violence**.

## What are the effects of domestic violence on women?

- Higher stress levels
- Higher levels of anxiety and depression
- More likely to abuse alcohol/drugs
- Difficulty with coping and problem solving
- Have fewer support networks due to social isolation
- Problems with communication especially assertiveness
- Feelings of low self worth and poor confidence

## What does counselling involve?

- Cairns Regional Domestic Violence Service offers counselling sessions with a counsellor who specifically deals in domestic violence issues.
- Counselling sessions involve individual face to face counselling with a domestic violence counsellor in a private, confidential and safe environment.
- Counselling sessions are tailored to help you achieve your personal goals.
- Counselling enables you to discuss your experiences with someone who is understanding and supportive.

## Who is eligible for this service?

- Any person who has been affected by domestic or family violence

## What is the cost?

- Free

## How long are the sessions?

- Ten / one hour sessions are allocated for each client.



## What can the counsellor help you with?

- Help you discuss your experiences / situation
- Understand what has happened to you and why
- Reduce feelings of blame and guilt
- Decrease anxiety and depression
- Learn communication (assertiveness) skills
- Learn about healthy relationships
- Build professional and non-professional support networks
- Assess your safety and build a safety plan
- Increase self worth and confidence
- Learn coping strategies
- Learn problem-solving skills

**Domestic violence counselling aims to empower women so that they can regain control to live happy, healthy lives.**

