

What Aviva Adults' Services can offer

Aviva supports people of any age, gender, ethnicity or sexual orientation who has experienced, used, or been at risk of using family violence.

Possible support includes:

- 24-hour phone support
- Individually tailored advice, advocacy, and safety planning from a family violence specialist
- Ministry of Justice approved family violence education programmes
- Support to access safe, temporary accommodation
- safe@home home security improvements for those at highest risk of repeat family violence
- ReachOut early intervention service for those who have used, or are at risk of using, family violence
- Access to other Aviva services, including Sexual Assault Support Service Canterbury (SASSC), Children and Youth Services and GoodLoans
- Access to support from other agencies
- Advice and information on legal, health and financial issues, or support to access it
- Ideas on how to grow healthy relationships
- Help applying for a Protection or Parenting Order

All of our services are free.

To find out more about how Aviva can support you or someone close to you, www.aviva.org.nz or call **0800 AVIVA NOW (0800 28482 669)**.

“Just knowing that there's someone who understands, someone who'll listen... knowing that you're not alone, that there's somebody who cares, it makes a huge difference; all the difference.”

Jennifer* on overcoming family violence

Aviva exists because we care

Aviva supports individuals and whānau to not only become safe, but begin a journey toward a fulfilling, violence-free life.

Please visit www.aviva.org.nz to see our full range of services including:

- **Aviva Adults' Services**
- **ReachOut - for people using violence**
- **Sexual Assault Support Service Canterbury (SASSC), delivered in partnership with START**
- **Aviva Children's and Youth Services**
- **Aviva Peer Support Services**
- **Aviva GoodLoans, delivered in partnership with Good Shepherd NZ**
- **Seuga for Pasifika men**

Aviva is located at The Loft, which is home to a range of social, community and health services. If you are unsure what support you need, you can walk into The Loft, where a member of their team can listen to your story and help connect you with the services you need. To find out more, visit www.theloftchristchurch.org.nz.



Address: The Loft, Level 1
Eastgate Shopping Centre
PO Box 24 161, Christchurch 8140

Phone: 0800 AVIVA NOW
(0800 28482 669)

Email: enquiries@aviva.org.nz

www.aviva.org.nz

Find us on Facebook and LinkedIn — @AvivaNZ

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*Not their real names.

Your path to a violence-free future



aviva
adults' services

Have you experienced abuse from someone close to you? Perhaps you've used, or been close to using, violence against someone you care about. Maybe both. You are not alone.

Everyone deserves a life free from violence and abuse. If violence is affecting your life, or that of someone you know, it is never too early, or too late, to seek support.

Whatever the situation, Aviva is here to help you and your whānau create a better, safer life.

What is family violence?

Family violence is about using power and control over someone else. It doesn't always involve physical violence; it can include emotional, psychological, financial, sexual, or spiritual abuse. There are many ways that a relationship can be abusive and the most obvious sign something is wrong is if you, your partner, family member or children are scared.



Am I in an abusive relationship?

Aviva supports all people affected by violence to create a positive vision for a safer, fulfilling life. You may be feeling confused and afraid, but you still have options, and we can help you to realise them.

Whether you decide to remain in your relationship or to leave is up to you. We will support you, and any children or partner in your life on the journey to overcome the enduring harms of family violence.

Do you recognise yourself, or someone you know, in any of the questions below?

Is someone in your life using violence, or the threat of violence, against you or those you care about to manipulate and control you? Yes / No

Is someone in your life suspicious of your calls or messages to family or friends? Yes / No

Do children see or hear you arguing or fighting? Yes / No

Does someone in your life show little or no regard for your thoughts and feelings? Yes / No

Is intimidation, name-calling or humiliation eroding your self-esteem and confidence? Yes / No

Does someone in your life withhold money or control your spending? Yes / No

Are you sometimes forced, intimidated or pressured into sexual activity you do not want? Yes / No

If you answered yes to any of these questions, now is a good time to reach out and get support.

Contact 0800 AVIVA NOW (0800 28482 669) or enquiries@aviva.org.nz, or go to www.aviva.org.nz for more information

Are my behaviours damaging my relationships?

A life free from the use of violence takes courage. It can mean owning up to behaviours you'd rather not talk about, but it can also mean learning new, healthier ways of dealing with frustration and anger.

ReachOut is available to support you to address behaviours that are damaging you and your family, and to learn new skills for healthy relationships.

“My whole vibe has changed from the inside out... even my walk has changed. Life is peaceful; I'm the happiest I've ever been in my entire life.”

Manaaki*

Do you recognise yourself, or someone you know, in any of the questions below?

Are the people in your life afraid of you? Yes / No

Do you get jealous of who the people in your life see and where they go? Yes / No

Are you suspicious of their calls or messages to family or friends? Yes / No

Do you feel worried about your anger and the way you react at times? Yes / No

Do children see or hear you arguing or fighting? Yes / No

Would you like to have a better relationship, free from anger and abuse? Yes / No

If you answered yes to any of these questions, now is a good time to reach out and get support.