

What is family violence?

It's not just about physical violence – hitting, kicking, pushing, slapping, choking or strangling. It's a whole range of behaviours that control another person including:

- Emotional** Put-downs, name-calling, making you think you're going crazy.
- Threats** To hurt you or your children, to damage their things.
- Isolation** Keeping you away from family, friends and support.
- Financial** Controlling the money.
- Sexual** Making you do things you don't want to do or that make you uncomfortable.

Family violence is a pattern of behaviour used by someone to coerce and control their partner or ex-partner that often gets worse over time.

Whenever family violence happens in homes with children, they are affected too.

Family violence is against the law. It's not OK. You and your children deserve to be safe in your own home.

We can help you.

Helping New Zealanders since 1990, Shine is a leading provider of family violence services for adults and children.

For more information about Shine and family violence, visit our website:

www.2shine.org.nz

Family violence helpline:

0508 744 633

You can also use the Webchat service on:

www.2shine.org.nz

- ✉ enquiries@2shine.org.nz
- f www.facebook.com/shinenz
- @ www.instagram.com/2shine_nz
- in nz.linkedin.com/company/shine-nz

We're here to help you.

Call us, it's free and confidential.
7 days a week, 24 hours a day.

Shine

✘ Presbyterian Support Northern

Shine is part of the Presbyterian Support Northern group of social services, which also include Family Works and Lifeline.


Charity no. #CC21532

Shine
✘ Presbyterian Support Northern

Shine services

If you're being abused by your partner or ex-partner, family/whānau member or someone close to you, we can help you.





Shine Helpline
0508 744 633
24 hours, 7 days a week

Call us.

It's free and confidential to talk.

We are here to listen without judgement. We are here to help if your partner, family/whānau member, flatmate or someone else close to you is controlling, threatening, hurting or harming you. We can also help callers worried about a friend, family member, child or anyone being abused.

We answer thousands of calls every year to provide emotional support, information, safety planning advice and referrals to local services. Our staff are highly trained, experienced and knowledgeable.

All our programmes are free.

“My daughter and I are safe now. I'm alive because of support from the Shine helpline.”

Safety Planning & Advocacy

Shine Advocates can give you information about your options including refuges, and help with safety planning for you and your children.

If you are struggling to get the help you need to be safe, we can liaise and advocate with agencies and professionals such as Police, Oranga Tamariki, Court Victims Advisers, Immigration, Work and Income, Housing NZ, lawyers and counsellors, etc.

“Staying at Shine's Refuge was an absolutely life-changing experience for me and my daughters. I can't begin to explain how grateful I am for the help we received from the ladies at the house.”

Adult Safety Programmes

A Safety Programme can help you deal with the effects of the violence, help you feel more confident, and move forward with your life. We can help with strategies to keep you and your children safe and provide information such as how Protection Orders work.

KIDshine

KIDshine has helped thousands of children who have experienced family violence to be safer and recover from violence and abuse. We use age-appropriate strategies to help children cope with the effects of the violence and develop strategies to keep themselves safe. KIDshine Advocates work with children over four to eight sessions to increase safety and wellbeing.

No Excuses Non-Violence Programme

No Excuses is a positive behavioural change programme to motivate and support people to change their behaviour and help them develop the insight and skills they need to maintain respectful, non-violent relationships.

Shine Women's Refuges

Leaving home is a big decision but sometimes it's the only way to be safer, at least in the short term.

Leaving an abusive partner can be scary and dangerous. Shine's refuges can provide a safe place and some time to recover from abuse and plan for your future.

Our refuge staff can provide emotional support and help with accessing Work and Income benefits, support groups and safety programmes, counselling, lawyers for help applying for Protection and/or Parenting Orders, permanent housing etc.

If you're able to prepare for staying in refuge ahead of time, it's best to bring with you essential documents and belongings, such as your passports, birth certificates, court orders, medicine, etc.

But if you need to leave home in a hurry and don't have time to bring these things, that's OK. Your safety and your children's safety are the most important things, and we can help from there.

“The support we got from Shine felt like being airlifted to safety. We regained our peace of mind, felt secure, and started to feel much safer while asleep at night.”