

Programmes available include:

Journey to Freedom:

This 14-16 week programme aims to support women to identify the patterns that exist within an abusive relationship. It aims to empower women through building self-esteem and confidence, and developing the knowledge to create change.

Insight

This 5 week programme aims to support individuals in becoming more self-aware and start to get an insight into who they are with an aim to improving their self-esteem and confidence. Helping to build the skills required for a more confident and self-aware individual.

Amazing Mums:

Amazing Mums is an 8 week programme designed to support and empower mothers. The programme looks at communication, praise, positive discipline, child/parental wellbeing and protective behaviours. The aim is to build confidence in parenting within a safe and nurturing environment.

Body Talks:

Designed to enable the development and promotion of self-knowledge, self-esteem, self-confidence and overall empowerment of the self as an individual who has a right to live a healthy balanced lifestyle.



WORKING TO END DOMESTIC ABUSE

028 3025 0765

Women's Resource Centres:

Newry Office
7 Downshire Place,
Newry,
BT34 1DZ

Portadown Office
53 William Street,
Portadown
BT62 3NX

Outreach Centre:

Armagh Office
39 Abbey Street,
Armagh,
BT61 7DY

SCAN
ME!



womensaidarmaghdown.org

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Women's Aid



ARMAGH DOWN
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Domestic and Sexual Abuse Support Services

Specialised trauma informed and responsive support services include:
Centre, Home or Outreach services

- One to one support
- Drop In Service
- Risk assessment
- Safety planning
- Advice and support with housing and resettlement
- Advocacy
- Court support
- Information and guidance
- Children's Support Service
- Hope & Wellbeing Project
- Access to counselling service
- Domestic Abuse Training

Safety, Support, Hope

Women's Aid is the lead agency in tackling domestic/sexual abuse and seeks through its work to promote healthy and non-abusive relationships.

Refuge Service

Refuge provides emergency accommodation for single women and women with children, who are experiencing domestic/sexual abuse.

The refuge support team offer women:

- 🔒 One to One support.
- 🔒 Risk Assessment.
- 🔒 Support with physical, emotional and mental health and wellbeing.
- 🔒 Support to access welfare benefits.
- 🔒 Registering with a new G.P.
- 🔒 Referrals to schools and nurseries.
- 🔒 Access to counselling services.
- 🔒 Group work.
- 🔒 Access to the children & young people's support services.

Community Support Service

- 🔒 The aim of the service is to help women maintain and sustain their homes, while dealing with difficult and complex needs specific to domestic/sexual abuse.

Hope & Wellbeing Project

- 🔒 Support for you beyond crisis. To rebuild hope, resilience and wellbeing. To reconnect and look towards the future.

Domestic abuse is a pattern of controlling, coercive, threatening, degrading and/or violent behaviour including sexual violence. This abuse can be physical, emotional, sexual, verbal, financial, cyber and also involves the abuse of children.

Do you recognise any of the following behaviours/situations from a current or ex-partner?

- Charming one minute and aggressive the next.
- Excessively jealous and possessive.
- Stops you from seeing your family and friends.
- Constantly criticises you and puts you down.
- Controls your money.
- Tells you what to wear, who to see, where to go, what to think.
- Tracks, monitors or abuses you through social media.
- Stalks and/or harasses you via text, phone calls, other messaging apps, face-to-face or via a third party.
- Says things that hurt you or make you feel uncomfortable.

Do you feel any of the following?

- Like you are walking on eggshells to avoid making them angry?
- That your choices are undermined by their demands?
- That your children are being affected by your current situation? Or that your parenting is constantly being undermined?

If you recognise any of the above...

We are here to help!

**ALWAYS CALL 999 WHEN
IN AN EMERGENCY**



Children & Young Persons Service

- One to one support.
- Support with physical, emotional & mental health and wellbeing.
- Group work and activities.

Specific age appropriate programmes:

- Helping Hands - Primary school age.
- Transformers - specialised for 8-12yrs old having experienced domestic abuse.
- Heading for Healthy Relationships - post primary age.

Helping Hands

Core themes:

- We have the right to feel safe all the time.
- Nothing is so awful (or so small) that we cannot talk about it with someone.
- Others have the right to feel safe around us.

Heading for Healthy Relationships

Aims to educate young people by providing them with information to make informed choices about their lives. The programme raises awareness around the topic of domestic abuse and helps young people to recognise unhealthy relationships and sustain healthy relationships.

Safety, Support, Hope