



Are you living with someone who uses power and control over you?

Domestic and Family Violence is when one person exerts power and control over another. It is widespread in our society and affects many women and children's lives.

Women have fought for many years to have services available to women and children who are living with Domestic and Family Violence PSFaNS is funded to provide assistance for women and children in these circumstances - you don't need to do it alone.

Some of what we can help with at PSFaNS:

(it all depends what's right for you)



Legal support

Talking to Police and getting an Apprehended Violence Order (AVO) and help with the legal process



Help with housing

To stay in your home, to move or to temporarily move out



Home & personal security devices

Helping you and your children to feel more safe and secure



Managing finances

Financial counselling, Centrelink help, food and bill help, rental subsidies for those eligible



Women Speak

A supportive group (Children Speak is offered at the same time)



Supported Groups

Playgroups, children's groups & parenting programs, counselling and more...



02 49 800 800



www.psfans.org.au

24 hour Domestic Violence Line - 1800 65 64 63

A trained female counsellor will answer your call. You can ring as often as you need to at any time, day or night. The female counsellor will listen to you, without judgement. She can give you information on what you can do and help you decide on your options.



PORT STEPHENS
FAMILY AND
NEIGHBOURHOOD
SERVICES