



PATRICIA GILES

Centre for  
**Non-Violence**

# Our services

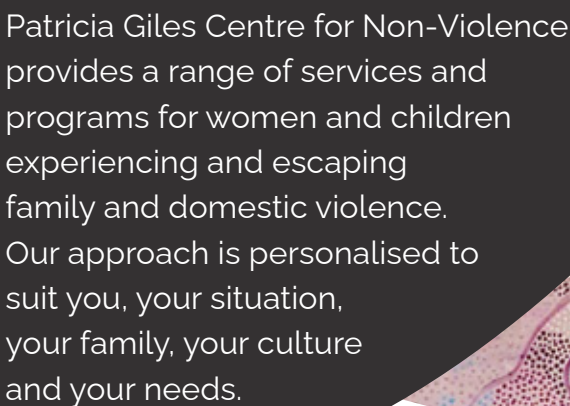
We provide services and support for women and children experiencing and escaping family and domestic violence



**(08) 9300 0340**

**[patgilescentre.org.au](http://patgilescentre.org.au)**

We offer culturally appropriate services and welcome women and children from all cultures and backgrounds.

A decorative background image showing a microscopic view of cells, likely stained with hematoxylin and eosin (H&E), showing various cellular structures and nuclei. The image is partially obscured by a dark grey curved shape that frames the text.

Patricia Giles Centre for Non-Violence provides a range of services and programs for women and children experiencing and escaping family and domestic violence. Our approach is personalised to suit you, your situation, your family, your culture and your needs.

## Our services

### **Safe accommodation**

If you are in a violent or abusive family situation sometimes the only option for you to be safe is to leave your home and receive care at a refuge. Women on their own or those with children up to 18 years of age are welcome at our crisis care accommodation.

Our staff will offer you emotional and practical support during your stay and Wandjoo Place can connect you with many services to help you understand your legal, housing and financial options. Once you have left one of our refuges, we will continue to support you with our relevant services if you stay within our catchment area. All contact numbers are overleaf.

### **Women's counselling**

Our free counselling service provides you with the ability to talk to highly experienced professionals about your experiences with family violence. We offer you a safe, confidential, non-judgemental and relaxed space so you can speak freely and receive emotional support from our counsellors.

Counselling appointments can be face-to-face, via video conference or over the telephone. We also offer you school hours childcare during your appointments.



## Staying in your home

When you are experiencing family violence sometimes remaining in your own home while the violent person leaves, is the best option for you and your children.

Our **Safe at Home** and **Keeping Women Safe** programs provide you with practical and emotional supports to keep you and your children safe in your own home. Our staff will work with you to provide a personalised safety plan, and then help you to improve the security of your home. Our support and assistance can help you rebuild a safe life for yourself and your children.

## Housing support

Following a stay at one of our refuges, our team can help you to find safe, appropriate accommodation.

Sometimes that will be short-term transitional housing, and sometimes it means a more stable long-term home. We can take you house hunting, help you to settle into your new home and advise on safety strategies. Our ongoing support is offered for up to 12 months after you leave one of our refuges.

## **Wandjoo Place Integrated Family Violence Hub - Merriwa.**

We understand you will need to access many services in your journey to empowerment. Wandjoo Place offers more than 30 family violence services, on a rotational basis, in one convenient location. The services include financial, mental health and AOD counselling plus programs covering teens, parenting and peer support. Ask about our monthly calendar so we can keep you informed for yourself and your children.

### **Group programs**

We offer a variety of group programs for women and children affected by family violence. They offer support and information, as well as the opportunity to meet others in similar situations.

Topics covered in our group programs include self-esteem, understanding family violence and parenting. Groups are offered during school hours and there is free childcare available.

### **Children's counselling**

We offer a free counselling service for your children if they have experienced or witnessed family violence. Counselling can be provided at a range of different places including community outreach centres or at Wandjoo Place.

As a part of this service we can provide you with parenting information so you can support and understand your children and help break the cycle of violence.



# About family and domestic violence

Family and domestic violence is when one person wants to control and have power over another. They can be an intimate partner, a parent, a child, a sibling, another family member, a carer... anyone in your household.

It happens to people in **all walks of life** – all ages, all cultures, all communities, all income groups and all abilities.

## Warning signs

Do you have someone in your life who:

- Makes it hard for you to leave the house?
- Doesn't let you have your own friends?
- Keeps you short of money?
- Makes you feel stupid, crazy, worthless?
- Threatens you if you leave, talk to a lawyer or go to the police?
- Hurts you physically?
- Makes you have sex when you don't want to?
- Keeps putting you down?
- Intentionally hurts pets or other animals?

If you can identify with any of this, please contact us on **(08) 9300 0340**.

## Family violence can be:

- Physical
- Verbal
- Financial
- Sexual
- Emotional
- Psychological
- Social Isolation
- Cultural
- Spiritual

## Important numbers

Police – emergency	<b>000</b>
Police – to report an incident	<b>131 444</b>
Crisis Care	<b>1800 199 008</b>
Women's Domestic Violence Helpline	<b>(08) 9233 1188</b>
Sexual Assault Resource Centre	<b>(08) 9340 1828</b>
Domestic Violence Legal Aid Unit	<b>(08) 9261 6254</b>
Lifeline	<b>131 114</b>

## Need assistance?

If you are experiencing or escaping family and domestic violence and in need of emergency assistance please call **000**. If you are seeking urgent crisis accommodation please call crisis care on **1800 199 008**.

For less urgent cases we welcome you to contact us directly. Our priority is to help you find safety, security and stability by offering you:

- safe space,
- support, understanding and respect,
- experience and expertise,
- practical assistance and a range of resources,
- referrals to other services if needed, and
- advocacy – speaking up for you.

If you have any concerns for a friend or family member you will find some information on our website, or you are welcome to contact us directly.

## Opening hours

Patricia Giles Centre for Non-Violence operates in the northern suburbs of Perth.

Our office hours are 9am to 4pm Monday to Friday.

**(08) 9300 0340**  
**patgilescentre.org.au**