



Do you feel unsafe at home?

**Does anyone make you feel
afraid?**

**Support and Counselling for women
in the Colac-Otway Shire**

Phone: The Orange Door

(03) 5232 5500

**Or present to
Community Services Reception at
Colac Area Health**

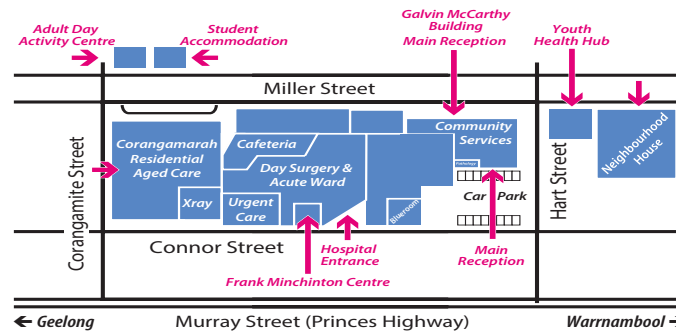
Opening Hours

**9am-5pm Monday to Friday
(except public holidays)**

Making a real difference

Colac Area Health aims to be a leader in the development and provision of responsive integrated health care.

Our vision is to promote the health and wellbeing of the Colac and district community through the provision of quality acute, aged care residential and community services that are accessible, affordable, flexible and integrated.



Women's Family Violence Counselling and Support



Work with us

Volunteer

Make a donation

2-28 Connor Street, Colac, Victoria 3250

03 5232 5100 | info@cah.vic.gov.au



Community CARE

Are you experiencing Family Violence?

Family or Domestic Violence may be perpetrated by partners, ex-partners, children, parents, siblings or other family members and includes:

- Physical and sexual assault
- Emotional and psychological abuse, such as put downs and name calling and domination
- Threats, control and coercion
- Financial abuse, such as control of household money
- Isolation from your family/friends
- Threats to harm your pets and damaging personal belongings
- Exposure of your children to the effects of family violence
- Any behaviour that causes you to feel afraid

Family Violence Support (Horizon Program)

Service provided by the Horizon Program can include:

- Safety Planning
- Outreach support which includes home visits, meetings and transport
- Assistance at court with intervention orders or breaches of orders
- Crisis accommodation or refuge
- Advocacy with government departments and other agencies
- Information and referrals to other support services

Counselling

The Women's Family Violence Counselling service works with women aged 15 and over who are currently, or have previously been affected by family violence.

The Women's Family Violence Counsellor focuses on the safety of women and children and can work with women to address safety concerns and provide therapeutic approaches to assist in managing depression, anxiety and improving self-esteem.

The counsellor works within the client's goals and maintains a respectful and confidential approach.