



Kara

family violence service

Your safety is our priority

Our specialist support will provide you with information and advice to help you make informed decisions and work towards a safer future.

Kara Family Violence Service works with all women and children, including diverse communities, members of the LGBTIQ+ community and Aboriginal and Torres Strait Islander women and children. A telephone interpreting service is available.

For more information about how we can work with you contact us between 9am to 5pm at:

T: 1800 900 520

E: support@KaraFVS.org.au

W: www.KaraFVS.org.au

Emergency

If you are in immediate danger contact police on **000**


For support 24/7 Safe Steps Family Violence Response Centre
1800 015 188

Kara House Inc. ABN: 20 139 305 734



Are you or someone you know experiencing family violence?



A photograph showing the back of a woman and a young child looking out a window. The woman has her hair in a bun and is wearing a dark top. The child is wearing a pink hoodie. The window looks out onto a bright, hazy outdoor scene.

Kara Family Violence Service provides safety, support and education for people impacted by family violence.

What is family violence

Family violence is any threatening or abusive behaviour that occurs between people in families, marriages, de facto and LGBTIQ+ relationships. Family violence includes:

- > Verbal abuse such as insults, name-calling, put-downs and constant criticism
- > Physical violence including pushing, slapping, hitting, punching, etc.
- > Emotional and psychological abuse such as making threats, humiliating you privately/publicly
- > Isolating you from family, friends and social contacts
- > Financial abuse like restricting your access to money

- > Threatening you or members of your family
- > Smashing or destroying your personal belongings or property
- > Harming or threatening to harm pets
- > Forcing you to have sex

It's important to remember that family violence is never OK and it is never your fault.

In homes where family violence occurs children suffer emotional and physiological abuse even if they are not physically abused themselves. Children who witness family violence can be affected in many ways including they no longer feel safe.

How we can help

If you are experiencing family violence Kara Family Violence Service offers free and confidential information, advice and support. Our highly experienced team have a specialist understanding of family violence and will provide you with guidance and help you to make informed choices for the future.

If you have a friend or family member who is experiencing family violence our specialist practitioners can give you advice and information about how to discuss your concerns and provide them with appropriate support or avenues for assistance.

We can provide:

- > Risk assessment and safety planning
- > Referral to Safe Steps
- > Case management
- > Advice, information and emotional support
- > Specialist children's assessment, support and school liaison
- > Information about legal processes, intervention orders, court processes and child protection
- > Advocacy, referral, and liaison with other appropriate services
- > Housing support and material aid within program guidelines