

## What support can Aviva offer?

All Aviva services are free. You do not need to enter a Safe House or to have left your relationship to access Aviva services.

All services are available in Christchurch, Selwyn, Ashburton, and North Canterbury.

**Adults' Family Violence Services** offers individual and/or group education to people who are experiencing or have experienced family violence.

**Sexual Violence Services in partnership with START** offers crisis support to adults 18 and above following either a recent or historical sexual assault.

**Tamariki and Rangatahi Services** offers individual and/or group education to children and young people who have witnessed or experienced family violence.

**ReachOut** offers individually tailored support for people using or at risk of using violence.

**Seuga** offers bilingual and culturally appropriate group family violence education to Pasifika people.

**Whānau Resilience** supports people to achieve long-term healing and recovery through a whānau centred approach.

**GoodLoans in partnership with Good Shepherd NZ** offers budgeting services and no- and low-interest loans to people on limited incomes.

**To find out more about how Aviva can support you or someone close to you, visit [www.aviva.org.nz](http://www.aviva.org.nz), or contact 0800 AVIVA NOW (0800 28482 669) or [enquiries@aviva.org.nz](mailto:enquiries@aviva.org.nz).**



## Help us Break the Cycle

By donating to Aviva, you are helping pave the way to a violence-free future for thousands of tamariki and whānau across Canterbury.

### You can contribute by:

- making a one-off or regular donation;
- setting up payroll giving at your place of work;
- holding a fundraiser as an Aviva Activator;
- joining an Aviva-led fundraiser;
- donating food, toiletries, or other gifts in-kind;
- leaving a bequest or gift in will.

**Go to [aviva.org.nz](http://aviva.org.nz) to make a contribution.**

**Contact 0800 AVIVA NOW (0800 28482 669) or [community@aviva.org.nz](mailto:community@aviva.org.nz) to learn more.**



**Address:** The Loft, Level 1  
Eastgate Shopping Centre  
PO Box 24 161, Christchurch 8140

**Phone:** 0800 AVIVA NOW  
(0800 28482 669)

**Email:** [enquiries@aviva.org.nz](mailto:enquiries@aviva.org.nz)

**[www.aviva.org.nz](http://www.aviva.org.nz)**

Find us on Facebook and LinkedIn - **@AvivaNZ**

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\*Not their real names

# Everyone deserves to feel safe



Everyone deserves to feel safe. Aviva is available 24/7 to offer immediate access to advice, advocacy, and support to those living with family or sexual violence.

### What is Family Violence?

Family violence is about using power and control over someone else. It doesn't always involve physical violence; it can include emotional, psychological, financial, sexual, and spiritual abuse.

### What is Sexual Violence?

Sexual violence is any type of sexual contact or behaviour that a person does not willingly and explicitly agree to. It includes a wide range of behaviours, including rape, attempted rape, coerced sexual activity, sexual harassment, and threats.

### The Effects of Violence

Experiencing violence can be traumatic and is associated with a number of emotional, physical, and behavioural impacts. These can be different for each person and change with time.

Violence can affect how a person feels about themselves and how safe they feel in the world. For children, it can cause them to struggle controlling their own anger or developing healthy relationships.

Access to support and education is essential to help people to overcome the enduring harms of violence and move on to a violence-free future.

**“Thank you for teaching me how to keep myself safe.”**

**Alice\*** Tamariki Client

**“They treated me like a human, they didn't pass judgement about what I had done in the past. They helped me to make changes and encouraged me to look after myself better.”**

**Mitchell\*** Rangatahi and ReachOut Client

### Who is Aviva?

Aviva is a Canterbury-based specialist family and sexual violence support agency. We are available 24 hours a day, 365 days a year to provide advice, advocacy, and support to people overcoming the enduring harms of family and sexual violence.

### Who does Aviva support?

Aviva supports anyone who has experienced or used violence. We support people of all ages, genders, sexualities, faiths, ethnicities, or socio-economic status, regardless of where they are on their journey.

Every year, Aviva responds to over 4000 calls for help and supports over 1400 children, young people and adults across Canterbury to live free from violence.

### How can I access support?

If you are in immediate danger, call 111.

Aviva's 24/7 support line is available at 0800 AVIVA NOW (0800 28482 669).

A walk-in service is available at The Loft (Level 1, Eastgate Shopping Centre) Mon-Fri, 9am-5pm. A member of their team can offer immediate support and refer you to the services you need.

### Where is Aviva available?

Aviva is available in Christchurch, Selwyn, Ashburton, and North Canterbury.



**“I don't remember what I said, but I remember your response was one of action. You didn't see a girl scared, you saw someone in need of safety and you stepped up. You helped me realise that I am worth saving.”**

**Abby\*** Family Violence Services Client