

What further support can Aviva offer?

Family violence is wide reaching and affects everyone in the family. We can support you, your children, your partner, or someone else in your life to access further support through our range of Aviva services.

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.



“Just knowing that there's someone who understands, someone who'll listen... knowing that you're not alone, that there's somebody who cares, it makes a huge difference; all the difference.”

Jennifer*

Aviva exists because we care

Aviva supports individuals and whānau to not only become safe, but begin a journey toward a fulfilling, violence-free life.

Please visit www.aviva.org.nz to see our full range of services including:

- **Adults' Family Violence Services**
- **Sexual Violence Services, delivered in partnership with START**
- **Tamariki Services - for children**
- **Rangatahi Services - for young people**
- **ReachOut - for people using violence**
- **Seuga - for Pasifika people**
- **Whānau Resilience - for long-term healing**

Aviva is located at The Loft, which is home to a range of social, community and health services. If you are unsure what support you need, you can walk into The Loft, where a member of their team can listen to your story and help connect you with the services you need. To find out more, visit www.theloftchristchurch.org.nz.



Address: The Loft, Level 1
Eastgate Shopping Centre
PO Box 24 161, Christchurch 8140
Phone: 0800 28 48 26
Email: enquiries@aviva.org.nz

www.aviva.org.nz

Find us on Facebook and LinkedIn — @AvivaNZ
Find us on Instagram — @violence.free.aotearoa

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*Not their real names.

Your path to a violence-free future



aviva
adults' services

Have you been harmed by abuse or violence from someone close to you? You are not alone.

Everyone deserves a life free from violence and abuse. If violence is affecting your life, or that of someone you know, it is never too early, or too late, to seek support.

Whatever the situation, Aviva is here to help you and your whānau create a better, safer life.

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, or spiritual abuse. There are many ways that a relationship can be abusive and the most obvious sign that something is wrong is if you, your partner, family member or children are scared.



"My whole vibe has changed from the inside out... even my walk has changed. Life is peaceful; I'm the happiest I've ever been."

Manaaki*

"You helped me realise that I'm worth saving."

Abby*

Am I in an abusive relationship?

Sometimes violence is hard to recognise. Physical violence may be more apparent, but emotional, financial and sexual control are also forms of abuse.

Not all family violence happens in intimate partner relationships; abuse can happen in any relationship.

Do you recognise yourself, or someone you know, in any of the questions below?

Is someone in your life using violence, or the threat of violence, against you or those you care about to manipulate and control you? Yes / No

Is someone in your life suspicious of your calls or messages to family or friends? Yes / No

Do children see or hear you arguing or fighting? Yes / No

Does someone in your life show little or no regard for your thoughts and feelings? Yes / No

Is intimidation, name-calling or humiliation eroding your self-esteem and confidence? Yes / No

Does someone in your life withhold money or control your spending? Yes / No

Are you sometimes forced, intimidated or pressured into sexual activity you do not want? Yes / No

If you answered yes to any of these questions, now is a good time to reach out and get support.

Contact 0800 28 48 26 or enquiries@aviva.org.nz, or go to www.aviva.org.nz.

How can Aviva help?

Aviva supports people of any age, gender, ethnicity or sexual orientation who have experienced violence.

All Aviva services are free. You do not need to enter a Safe House or to have left your relationship to access our services. We will support you on your journey.

Possible support includes:

- 24-hour phone support
- individually tailored advice, advocacy, and safety planning
- Ministry of Justice approved family violence education programmes
- safe@home home security improvements for those at highest risk of repeat family violence
- access to support from other agencies or Aviva services
- advice and information on legal, health and financial issues
- help applying for a Protection or Parenting Order

Courageous Steps Education Programme

Our 10-week family violence education programme covers a range of topics relevant to family harm. In the programme, you will:

- gain understanding of abuse, power and control
- untangle the myths and misconceptions of family violence
- develop plans to stay safe
- reestablish your wellbeing and regain your power
- learn to create healthy relationships
- create safer futures for your children
- learn where to go from here

The programme can be delivered individually or in a group setting during school terms.

Support is available in Christchurch, Selwyn, Ashburton and North Canterbury. Assistance with transport may also be available.