



“Everything felt like chaos but it felt like someone was finally there. I can be at peace with the things I’ve been through. I better understand healthy and unhealthy boundaries. I’m back. My children have me back. It sounds simple but it wasn’t. No matter how isolated and helpless everything may seem, there is someone who will stand beside you.”

Bennett*

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 AVIVA NOW
(0800 28482 669)

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



Everyone deserves safe, fulfilling relationships. Have you used, or been close to using, violence or aggression against someone you care about? Perhaps you've experienced abuse from someone close to you. Maybe both. You are not alone.

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 something is wrong is if you, your partner, family member or children are scared.



Are my behaviours damaging my relationships?

A life free from the use of violence takes courage. It can mean owning up to behaviours you'd rather not talk about, but it can also mean learning new, healthier ways of dealing with frustration and anger.

ReachOut is available to support you to address behaviours that are damaging you and your family, and to learn new skills for healthy relationships.

“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 in my entire life.”

Manaaki*

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

Are the people in your life afraid of you?	Yes / No
Do you get jealous of who the people in your life see and where they go?	Yes / No
Are you suspicious of their calls or messages to family or friends?	Yes / No
Do you feel worried about your anger and the way you react at times?	Yes / No
Do children see or hear you arguing or fighting?	Yes / No
Would you like to have better relationships, free from anger and abuse?	Yes / No

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

Call 0800 AVIVA NOW (0800 28482 669).

What support can ReachOut offer?

Aviva ReachOut supports people of any age, gender, ethnicity or sexual orientation who has used, or been at risk of using, violence.

Support includes:

- 24-hour phone support
- Individually tailored advice and advocacy from a qualified family violence specialist
- Family violence group education where available
- Seuga bilingual and culturally specific group education for Pasifika people
- Access to other Aviva services, including Sexual Violence Services, Tamariki and Rangatahi Services, and Whānau Resilience
- Access to support from other agencies
- Advice and information on legal, health and financial issues
- Ideas on how to grow healthy relationships
- Support to make children, partners, and others in your life safer, and increase whole-family wellbeing

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

All of our services are free.

To find out more about how Aviva can support you or someone close to you, visit www.aviva.org.nz or call 0800 AVIVA NOW (0800 28482 669).

“Before it was all about me... what made me happy... what I wanted. Now I feel better about doing things that make us all happy. Being a violent person never got me what I wanted anyway.”

Kim*