

Life with Boundaries Support Group

The aim of the group is to assist CALD women to address the impact of domestic and family violence and to:

- Provide a supportive and safe environment for women to talk about their experiences;
- Provide opportunities for women to gain strength and understanding through shared experiences;
- Meet other women and help break down social isolation associated with living with domestic violence; and
- Provide education and information about domestic and family violence and sexual assault.

The Support Group meets at the Mackay Women's Centre, 418 Shakespeare and is facilitated by George Street Neighbourhood Centre.

For more information please call 07 4957 7222 or 0400 788 218 or email admin@georgestreetnc.org.au

Please note that this service is based at the Mackay Women's Centre every Friday from 8:30 am to 12 pm.



For any enquires or further information please phone



07 4957 7222

0400 788 218

0497 139 745

Shakespeare Child & Family Centre
43 Shakespeare Street
Mackay Qld 4740

Website www.georgestreetnc.com



Safer Pathways for Culturally and Linguistically Diverse (CALD) Women

This is a free service to help CALD women that are experiencing, or at risk of, family and domestic violence or sexual assault access the support they need.

Funded by the Australian Government Department of Social Services

What is domestic violence?

Domestic violence is when one person in a relationship uses violent or abusive behaviour to control another.

Domestic violence does not just occur between spouses.

Who does it affect?

Domestic violence can have a significant impact not just on the victim but also those who reside in the house including children and other relatives.

How do I recognise it?

Early warning signs can include:

- jealously
- controlling what their partner wears
- checking up on their partner to see where they are going and what they are doing
- controlling what their partner spends
- blaming their partner if something goes wrong
- belittling their partner or putting them down.

You Can Call Us

- At any stage if you are worried about your relationship
- If you are afraid of something that has happened or may happen
- If you are a friend or relative and want some advice about your friend or family member

Some effects that living in domestic violence can have

- physical injuries
- emotional distress
- feelings of fear and terror of the partner
- feelings of helplessness and being trapped in a situation
- reduced quality of life
- social isolation
- feelings of shame or embarrassment
- loss of self esteem and confidence
- confusion and disorientation
- high levels of stress and anxiety
- high incidence of depression

You Can Call Us

- If you are an organisation that is working with multicultural individuals who are at risk of, or are experiencing domestic violence or sexual assault
- If you are worried about a child or children who are living in a domestic violence situation

Who can help you??

DVRS	07 4957 3888
Mackay Women's Centre	07 4953 1788
DV Connect	1800 811 811
George Street NC	07 4957 7222
Emergency Services	000
Kids Help Line	1800 55 1800
Mackay Legal Centre	07 4953 1211
Community Accommodation	07 4951 4299
Interpreting & Translating Services	131 450
Lifeline	131 114
Alcoholics Anonymous	07 3255 9162
Immigrant Women's Support	07 3846 3490
Relationships Australia	1300 364 277
Mackay Police	49 683 444

Always phone **000 in the event of an emergency or if someone's life is in danger.**

George Street
NEIGHBOURHOOD CENTRE
ASSOCIATION INC.