

## **Family Violence Programs for Women.**

UnitingCare Wesley Family Services offers a range of services to women who are dealing with the effects of family violence.

These services include:

- Specialised Counselling
- Women's groups
- WIC Women's Support group
- WIC peer mentoring.

UnitingCare Wesley Adelaide Family Services are guided by a number of important principles:

- Violence and abuse is often about men using power and control over women and children. It is about men believing that they have a sense of entitlement over the women with whom they have a relationship
- Violence and abuse are against the law
- We support women in the belief that there is no excuse for violence
- Women are not responsible for the use of violence perpetrated by male partners
- Safety of women and children is paramount.

## **Contacting Us**

**Call 08 8202 5190**

**Mobile: 0448 691 221**

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Adelaide SA 5000  
GPO Box 2534,  
ADELAIDE SA 5001

Email: [wic@ucwesleyadelaide.org.au](mailto:wic@ucwesleyadelaide.org.au)



UnitingCare Wesley Adelaide 10 Pitt Street, Adelaide SA 5000.  
Telephone 08 8202 5111 [www.ucwesleyadelaide.org.au](http://www.ucwesleyadelaide.org.au)

*Family Violence Peer Mentoring Program for Women.*

***Are you interested in being a mentor?***



## ***What does the mentoring program do?***

The program, also known as WIC (Women In Charge) was developed in response to a need identified by women who have experienced family violence. This need, being the profound and ongoing isolating effect of family violence.

The purpose of the program is to provide support to women currently experiencing family violence by linking them with a mentor who themselves have experienced violence.

Mentors also work collaboratively with Family Services staff to provide input around future direction in the provision of services for women experiencing family violence.

Mentors also provide advocacy and assist in the running of our group programs.

## ***What is the role of a mentor?***

To work as a volunteer

- To provide support on a regular basis to women who are beginning to identify that family violence is occurring in their relationship.

## ***How will the support be provided?***

When you are matched with a client your role will be to provide support on a regular basis, by phone or by pre arranged meeting times determined by yourself and the woman you are mentoring.

Working from a strength based approach, you will provide valuable information in relation to resources and services available to women experiencing family violence.

Your role provides an opportunity for a woman to share her story of family violence in a supportive and safe way.

## ***Benefits of being a mentor.***

You will be providing a valuable service to women who are isolated, and do not yet realise that they are not alone in their experience of family violence. You will learn new skills and meet other women with whom you can offer support to as they grow in awareness.

## ***What training is provided?***

As a mentor, you will be required to attend the initial training. You will also be required to attend ongoing training on a regular basis. You will have the opportunity to suggest topics of interest.

Training will be based at 10 Pitt Street Adelaide, or a more convenient community setting.

## ***What commitment is required?***

You will decide together with your mentor the frequency of contact, and the way it will occur. It may be once a week, or fortnightly. You may decide to meet at a safe place or chat over the phone.

As a mentor you will be required to have regular contact with the mentoring team to discuss how it's all going and to raise any issues that may be of concern.

## ***Are there any costs involved?***

Reimbursement can be provided for expenses incurred when working as a mentor. All training is provided free of charge.

## ***How do I become involved?***

If you are interested and want to learn more, please ring Peer mentoring staff members on 8202 5190 for a chat, or come in for a coffee.