



*Are you living  
with someone who  
uses power and  
control over you?*

Domestic and Family Violence is when one person exerts power and control over another. It is widespread in our society and affects many women and children's lives.

Women have fought for many years to have services available to women and children who are living with Domestic and Family Violence. PSFaNS is funded to provide assistance for women and children in these circumstances - you don't need to do it alone.

## Some of what we can help with at PSFaNS:

(it all depends on what's right for you)



### **Legal support**

Talking to Police and getting an Apprehended Violence Order (AVO) and help with the legal process



### **Help with housing**

To stay in your home, to move or to temporarily move out



### **Home & personal security devices**

Helping you and your children to feel more safe and secure



### **Managing finances**

Financial assistance and rental subsidies for those eligible, financial counselling, Centrelink help, food and bill help



### **Women Speak**

A supportive group (Children Speak is offered at the same time)



### **Supported Groups**

Playgroups, children's groups & parenting programs, counselling and more...



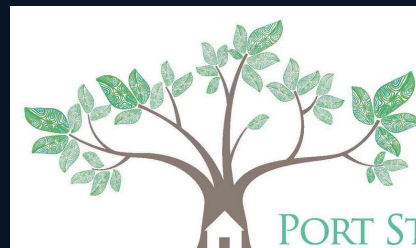
**02 49 800 800**



**[www.psfans.org.au](http://www.psfans.org.au)**

## **24 hour Domestic Violence Line - 1800 65 64 63**

A trained female counsellor will answer your call. You can ring as often as you need to at any time, day or night. The female counsellor will listen to you, without judgement. She can give you information on what you can do and help you decide on your options.



PORT STEPHENS  
FAMILY AND  
NEIGHBOURHOOD  
SERVICES