

## Family Violence affects children

In homes where family violence occurs, children suffer emotional and psychological abuse whether or not they are being physically abused themselves. Witnessing family violence may impact on children in a range of ways, including:

- Taking away a child's fundamental right to feel safe
- The child becoming withdrawn and fearful
- The child having difficulty relating to others, or being unable to concentrate at school
- The child blaming themselves for causing the perpetrator's anger
- The child taking on the responsibility of protecting others
- The child may suffer post-traumatic stress, feeling helpless and overwhelmed with anxiety

## Who do we support?

Kara House provides information, advice and support to all women about family violence including:

- Single women
- Women with children
- Women with disabilities
- Young women
- Older women
- Women from culturally and linguistically diverse background
- LGBTI - lesbian, Gay, Bi Sexual, Transgender and intersex

## How can we assist?

- Specialist family violence support
- Someone to talk to and obtain confidential support
- Information about your legal rights
- Referral to other services
- Advocacy

## Our services

All Kara House clients are allocated an individual support worker to assist women to identify their needs and to move towards a more positive future. This includes:

- Court support
- School Liaison
- Risk assessment
- Safety Planning
- Advice and information
- Case management and support
- Advocacy
- Referral
- Community education

### Other useful numbers:

If you are in immediate danger contact police on **000**

### Safe Steps Family Violence Resource Centre:

24/7 Family Violence Response: **1800 015 188**

### For further information:

Call **1800 900 520**

Email [admin@karahouse.org.au](mailto:admin@karahouse.org.au)

[www.karahouse.org.au](http://www.karahouse.org.au)



# Kara House

Incorporation no: A0016757C

## Specialist Family Violence Service

*Providing  
support services  
to women  
and children  
experiencing  
family violence*

Freecall: **1800 900 520**  
Monday to Friday: 9am – 5pm

## About

### **Kara House is a specialist family violence service that:**

- Primarily and historically has provided services to women and women with children from diverse cultural and linguistic backgrounds
- Founded in and operates from a feminist perspective
- Managed and run by women for women and their children
- Acknowledges that family violence predominately affects women and children and is understood to occur because of the power imbalance between individuals which is condoned and supported by dominant social attitudes and structures

Kara House encourages and empowers women to take control of their lives and works towards eradicating all forms of abuse perpetrated against women and children through:

- A specialist understanding of the complexities of family violence
- Outreach support
- Educational activities which encourage change in individuals and community attitudes
- Strategies that challenge service providers and government to adopt responses that are non-tolerant of violence and provide support to women and their children

## What is Family Violence?

Family violence may be experienced within families, marriages, defacto relationships and lesbian relationships. It may be inflicted on adults and children or it may be between siblings or extended family members. Family violence consists of a range of behaviors and may include:

- Verbal abuse such as insults, name-calling, put-downs and constant criticism
- Emotional abuse such as making threats, humiliating you privately/publicly isolating you from family, friends and social contacts
- Smashing or destroying your personal belongings or property, or harming pets
- All forms of physical violence including pushing, slapping, hitting, punching, etc.
- Taking away access to money
- Driving unsafely when you are in the car
- Intimidating/controlling behavior
- Sexual harassment, rape

Is primarily committed by men against women and children

“ I was provided with the clarity to move forward ”

Client

## What are the effects of Family Violence?

Family violence impacts on women in different ways, including:

- Feeling powerless, afraid, depressed, humiliated, withdrawing from others
- Taking away your fundamental human right to feel safe
- Feelings of anger, frustration, anxiety, grief, sadness and loss
- Minimising/denying the violence is occurring
- Feeling like you've tried everything and nothing works
- Feeling worthless, not valued, low self-esteem, lacking confidence
- A sense of shame and embarrassment
- Afraid to tell others, shutting down to keep the violence hidden
- Being made to feel responsible for the violence, feeling that you deserve it
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- Worried about your financial security
- Confused because sometimes your partner is loving and kind
- Afraid of continued violence and harassment if you leave
- Feeling guilty about leaving, or scared of coping alone