



FINDING A WAY OUT OF DOMESTIC VIOLENCE

DO SOMETHING AGAINST DOMESTIC VIOLENCE

In Germany one woman in four has experienced forms of physical or sexual violence (or both) by a current or former partner.

- ▶ If you are exposed to abuses make yourself aware of the fact that you do not need to be ashamed of the violence which is inflicted on you.
- ▶ Take courage! Ask a person you trust for support. These contacts can be of important help especially in an acute emergency.
- ▶ If you feel acutely threatened by your partner don't hesitate and call the police.
In all Nuremberg police stations there is also a contact for women right around the clock. The police have the possibility to protect you by an occupation order which enables the police to expel your partner from the shared apartment up to 14 days.
- ▶ If you have injuries have them recorded by a doctor – even bruises. Medical certificates are important evidence, e.g. for a divorce, criminal proceedings or an assignment of the apartment.
- ▶ Physical and sexual violence is always against the law and also punishable within the family!
- ▶ Intimidations, insults and threats are also forms of violence against which you may defend yourself.

IF YOU WANT TO LEAVE YOUR PARTNER

- ▶ You can leave your partner any time you want and move out resulting in no legal disadvantage for you.
- ▶ You are allowed to take your children with you; if an argument about their residence comes up it must be settled, maybe by court, later on.
- ▶ You are always financially safe. If your husband does not or cannot pay alimony, you and your children are entitled to benefits according to the social law.
- ▶ If you are without means you can get legal advice from a lawyer for 10 €. Therefore you need a so-called „Beratungsschein“, a paper which you get in the office „Rechtsantragsstelle“ at the local court. For a trial you may also be entitled to legal aid.
- ▶ In case of domestic violence you can also apply for the sole use of the shared apartment according to the Violence Protection Act. Besides, this law offers you the possibility to ban the perpetrator to contact or approach you.
- ▶ In addition, you have the possibility to file a police report because of physical injury.

THE WOMEN'S REFUGE OFFERS YOU

Shelter and protection

You and your children can come any time, day and night, so that you are protected from further abuse. The address of the refuge is confidential. Your partner cannot contact you if you do not want to.

Accommodation

You and your children can stay in the refuge until your future situation is clear. You have a room of your own together with your children and share sanitary facilities, kitchen, washing machines etc. with other residents.

Advice and information

We perceive ourselves as advisors who are on the side of the women and work with them according to the principle „helping women to help themselves“. The staff at the refuge are all women.

Our advice for the residents of the women's refuge comprises

- ▶ analysis of their current situation
- ▶ reappraisal of their abuse experiences and biography
- ▶ development of future prospects
- ▶ information about legal, financial and social possibilities/claims
- ▶ Furthermore, we offer counselling concerning different and more specialised advice and therapy services.

According to the women's needs we also offer to accompany them to offices, lawyers or the police and practical help when e.g. personal things have to be taken from the marital apartment.

Within the refuge the women organise their life on their own.

Support for the children

As children are always directly or indirectly affected by the violence they also get the possibility to talk about their experiences with a person they trust. Within a special service offered in the refuge the children are supported by qualified nursery school teachers. In the morning the children up to school age are cared for at their mother's option. In the afternoon the service is open to the school children.

Advice after the stay in the refuge

After your stay in the refuge a social worker will also offer help, if needed. The counsellor supports you when you have difficulties in coping with your „new“ situation. Besides, you have the possibility to take part in joint festivals and training courses.

CONTACT US

When you (together with your children) want to come to our refuge please think about whether you can plan your stay.

If this is possible for you, contact us by telephone or email and arrange a date for your arrival. The social workers also inform you about what you should bring with you (see *list of preparations*).

If you cannot plan your arrival you can reach us 24 hours a day and also get admission in case we have a vacancy.

You can contact the **women's refuge** by

phone: 0911/33 39 15 or
email: info@frauenhaus-nbg.de

If you have not made up your mind or would like comprehensive advice in advance please contact our **counselling centre**:

Mon, Wed, Thu	10am - 2pm
Tue	2pm - 6pm

phone: 0911/378 88 78
email: beratungsstelle@frauenhaus-nbg.de

(see *flyer counselling centre*)