



Confidentiality, Support, Advocacy and Understanding.

The Kempsey Women's Refuge assists women and women with children, who have experienced or are experiencing domestic violence. Domestic violence takes many forms.

Domestic violence can be:

- **Physical:** this includes hitting, pushing, the use of weapons, intimidation or threats to you, your children and your pets
- **Sexual:** being forced to have sex, rape, refusing to accept 'no', being forced to watch pornography
- **Social:** being stopped from seeing your family and friends or being isolated geographically or socially
- **Psychological:** all threats of violence, emotional, spiritual as well as verbal abuse which is threatening, criticising, insulting or degrading.
- **Economic:** having no access to or control over money

Everyone's circumstances are different. We understand that you may feel that you have no option but to leave suddenly to ensure the safety of yourself and your children. However, if you do have time we suggest you pack the following:

- Medicare card
- Certificates : birth and marriage
- Banking Information
- Medication and prescriptions
- Passport and any other important papers such as Immigration papers and Will
- Clothes
- Photos and personal items
- Your children's favourite toys
- Anything else that is special or valuable