

WHAT DOES SCOPE OFFER?

SCOPE (Suncoast Cooloola Outreach Prevention and Education) has been established to reduce the occurrence and impact of domestic and family violence from Caloundra to Gympie and the hinterland. Services include:

- Outreach counselling, information and referral
- Domestic and family violence court support
- Community education and awareness
- Counselling for adults and children
- Women on The Move – group work for women affected by Domestic and Family Violence

Other services Centacare provides are:

- Faxback Program – Police assisted referrals
- Changing Gears - Men's group work towards behavioural changes
- Participation in Prosperity (PiP) – pathways for women to participate in community, education & employment opportunities
- Early Intervention Service – counselling, education & training
- Relationship Education

WHAT IS DOMESTIC & FAMILY VIOLENCE?

In QLD, Family Violence is defined by the Domestic Violence (Family Protection) Act 1989. Violence is any behaviour, which causes physical, sexual or psychological harm or causes a person to live in fear.

Domestic and Family Violence includes but is not restricted to:

- **Physical violence** including hitting, pushing, spitting, using weapons, being thrown against walls
- **Emotional and verbal abuse** including comments and behaviour that make you feel worthless like put downs, shouting and sulking
- **Sexual abuse** including rape and any forced or unwanted sexual contact
- **Financial abuse** can include controlling and withholding money or not allowing a say in how money is spent
- **Social Abuse** includes cutting you off from family and friends, making you account for everything you do, embarrassing you and keeping you from earning your own money
- **Intimidation** using body size or movement, coercion and threats e.g. to injure or kill self or family members

IMPORTANT INFORMATION

Domestic & family violence is about the misuse of power. It occurs when one person in a relationship uses violence and abuse to dominate the other person in any way.

You are not alone

- You are not to blame for your partner's violence
- You have the right to be safe
- You have a right to a life free of violence
- Incidents of domestic and family violence are not always reported
- Children suffer deep emotional harm when domestic and family violence is part of their life
- Children are very good at detecting tension and fear between the people important to them.

Please contact Centacare for more information

Phone: 07 5430 9300

SAFETY PLAN

Be prepared. Seek legal advice or talk to someone about your options.

POLICE EMERGENCY NO—"000"

Have a phone with you if possible



Keep money available for emergency transport/food etc.



Decide where you would go if in immediate danger and make provision for such a move. Also think about Plan B.



Make provisional arrangements for children, pets and other commitments.



Get (spare) keys for house & car.



Pack any necessary medication you may need and suitable clothing.



Store important documents you may need together in case you need to leave suddenly i.e. drivers licence, passport, birth/marriage cert, health care/credit cards etc, jewellery and valuables.



Practice (*in reality or in your mind*) how you will leave in an emergency situation to help prepare for a quick getaway.

Vision Statement

Leading social change
strengthening families
supporting people and communities



Scope Regional Service

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Regional Domestic & Family Violence Service is
Managed by:
**Centacare Catholic Family and Community
Services, Maroochydore**

Workers are available at:
**Maroochydore
Gympie
Caloundra
Noosa
Maleny
Nambour**

Counselling is by Appointment Only

funded by:
Department of Communities



SCOPE
**Sunshine Coast Regional
Domestic and Family
Violence Service**

**"Never think
your partner's
violence and
abuse is your
fault."**

**Domestic and Family
Violence affects everyone**

