

ARE YOU EXPERIENCING VIOLENCE AT HOME? IN A WOMEN'S REFUGE YOU AND YOUR CHILDREN ARE PROTECTED.

What are women's refuges?

Women's refuges are particularly safe, protected locations that are not found in any address book. All women who experience physical, sexual or emotional violence find safety and security there with or without their children- no matter where they come from, their immigration status or whether they can support themselves financially. In emergencies the door to a women's refuge is open, even at night.

What is life like in a women's refuge?

As different as they may be, one thing is the same in all: the women living there and their children are in a protected environment to gain new strength. But they are also part of a community of women and children who have experienced similar things. There are rooms where you can be alone and others that are used jointly (kitchen, living room, games room for the children etc.). Each woman looks after herself and her children independently and many refuges also offer childcare.

What support are the women offered?

All women's refuges offer free advice and supporting services that can help to work through the violence experienced and develop new perspectives for life. Women and their children who seek assistance in the women's refuge get information and support on such issues as supporting themselves, access and care law, separation and divorce and other therapies. Targeted assis-

tance is also available for the children in the women's refuge.

How long can women and their children stay in the women's refuge?

Basically, as long as necessary. Staying there is always voluntary. Each woman decides for herself how long she wants to stay.

What should women take with them to the refuge?

In addition to clothes, school materials and toys for the children, all personal documents are very important. If possible bring identity documents and passports – including for the children – residence and work permits, marriage and birth certificates, health insurance cards, essential medicines and the children's immunisation certificates.

... and if it's not possible to come to the refuge?

Even if women at risk of and experiencing violence are not able to take advantage of the protection of the refuge, they receive free telephone or personal advice, even anonymously.

We are there for you. Call us.