HEALTHY RELATIONSHIP *when my partner*

- Treats me as an equal
- Listens to me
- Makes me feel safe
- Respects my decisions
- Is truthful with me
- Respects my preferences
- Trusts me
- Is happy for me when I spend time with friends, family or work colleagues
- Tries to understand my viewpoint
- Is open to compromise
- Accepts me as I am
- Supports my need for time alone
- Supports my choices

UNHEALTHY RELATIONSHIP *when my partner*

- Makes me feel afraid
- Tries to control me
- Is jealous
- Constantly criticises me
- Blames me
- Loses their temper easily
- Criticises my family or friends
- Hits me or threatens to hit me
- Calls me names
- Makes all the decisions
- Embarrasses me in front of others
- Is always checking up on me
- Is sexually demanding
- Insists on access/passwords to my phone/social media

To donate visit
www.amberwomensrefuge.ie
or scan the QR code

Your donation will directly support women & children in Kilkenny & Carlow living with or fleeing violence & abuse in their homes.
Thank you.

Amber Women's Refuge works to achieve equality & the right to live a life free from violence & abuse for all in our community

ciste na gcuntas díomhaoin
the dormant accounts fund

This project was approved by Government with support from the Dormant Accounts Fund.

AMBER
- WOMENS REFUGE -

24/7 CONFIDENTIAL HELPLINE:
0818 42 42 44
WWW.AMBERWOMENSREFUGE.IE

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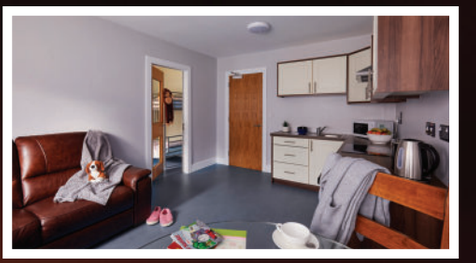
Supporting & protecting women & children *in* Kilkenny & Carlow

We're here to listen, believe & support you

AMBER
- WOMENS REFUGE -

We deliver *safe, inclusive services* both at the refuge & in the community







Safe & Secure Emergency Accommodation

Our services

- 24/7 confidential Helpline offering non judgmental support & information
- Emergency refuge accommodation & support
- Safety Planning
- Community based outreach services - information, advocacy & support
- Pre & post Court support & accompaniment services
- Group Support Programmes – for women who are or have experienced Domestic Violence & Abuse.
  Online & offline programmes available.
- Counselling & Play Therapy
- One to one & group support for children affected by Domestic Violence & Abuse
- Parenting support
- Amber's One Million Stars Ireland project www.onemillionstarsireland.ie
- StartSafe programme – for secondary schools & youth groups. Supporting teens to develop & maintain safe, healthy relationships

FOR MORE INFORMATION
WWW.AMBERWOMENSREFUGE.IE