

## DV-alert Awareness Session

Lifeline is committed to raising the awareness of domestic and family violence.

DV-alert awareness sessions are two-hour interactive presentation where individuals and groups can talk about the issue of domestic violence and what they can do to help make a difference.

# Thursday, 19<sup>th</sup> October, 1pm-3pm

Lifeline Northern Beaches  
318 Sydney Rd, Balgowlah

### At the end of the awareness session

- Identify the different signs and forms of abuse that constitute domestic and family violence
- Familiarise themselves with the Cycle of violence and Duluth wheels – power and control, equality and empowerment
- Reflect on and share what they can do if they know someone who is experiencing domestic and family violence
- Have an opportunity to network with other individuals
- Receive tools and references for domestic and family violence support and referral

**For enquiries:** Liz Whyte, Lifeline Northern Beaches,  
9949 5522 or [training@lifelinenb.org.au](mailto:training@lifelinenb.org.au)

**Booking link:**

<http://www.dvalert.org.au/what-we-offer/workshop-schedule/nsw>