



George Street Neighbourhood Centre and Mackay Women's Centre are running a free CALD Women's Club for culturally and linguistically diverse women of Mackay to connect, to learn about women's health and wellbeing, to share stories and experiences, to learn new skills, and most importantly to enjoy themselves in a safe environment. The Club arranges workshops and information sessions on a variety of topics that are of interest to women.

Location: **Mackay Women's Centre,**  
**418 Shakespeare street, Mackay**

Day/Time: **every Friday, 9.30am – 11.30am**

Transport provided on request.  
All sessions are cost free, children friendly and provide light refreshments.

CALD Women's Club meets at the Mackay Women's Centre, and is facilitated by George Street Neighbourhood Centre.

For more information please call  
07 4957 7222 or 0400 788 218  
or email [admin@georgestreetnc.org.au](mailto:admin@georgestreetnc.org.au)

Please note that this service is based at the Mackay Women's Centre every Friday from 8:30 am to 12 pm.



For any enquires or further information please phone



**07 4957 7222**

**0400 788 218**

**0497 139 745**

Shakespeare Child & Family Centre  
43 Shakespeare Street  
Mackay Qld 4740

Website [www.georgestreetnc.com](http://www.georgestreetnc.com)



## **Safer Pathways for Culturally and Linguistically Diverse (CALD) Women**

This is a free service to help CALD women that are experiencing, or at risk of, family and domestic violence or sexual assault access the support they need.

Funded by the Australian Government Department of Social Services

## What is domestic violence?

Domestic violence is when one person in a relationship uses violent or abusive behaviour to control another.

Domestic violence does not just occur between spouses.

## Who does it affect?

Domestic violence can have a significant impact not just on the victim but also those who reside in the house including children and other relatives.

## How do I recognise it?

Early warning signs can include:

- jealously
- controlling what their partner wears
- checking up on their partner to see where they are going and what they are doing
- controlling what their partner spends
- blaming their partner if something goes wrong
- belittling their partner or putting them down.

## You Can Call Us

- At any stage if you are worried about your relationship
- If you are afraid of something that has happened or may happen
- If you are a friend or relative and want some advice about your friend or family member

## Some effects that living in domestic violence can have

- physical injuries
- emotional distress
- feelings of fear and terror of the partner
- feelings of helplessness and being trapped in a situation
- reduced quality of life
- social isolation
- feelings of shame or embarrassment
- loss of self esteem and confidence
- confusion and disorientation
- high levels of stress and anxiety
- high incidence of depression

## You Can Call Us

- If you are an organisation that is working with multicultural individuals who are at risk of, or are experiencing domestic violence or sexual assault
- If you are worried about a child or children who are living in a domestic violence situation

## Who can help you??

DVRS	07 4957 3888
Mackay Women's Centre	07 4953 1788
DV Connect	1800 811 811
George Street NC	07 4957 7222
Emergency Services	000
Kids Help Line	1800 55 1800
Mackay Legal Centre	07 4953 1211
Community Accommodation	07 4951 4299
Interpreting & Translating Services	131 450
Lifeline	131 114
Alcoholics Anonymous	07 3255 9162
Immigrant Women's Support	07 3846 3490
Relationships Australia	1300 364 277
Mackay Police	49 683 444

**Always phone 000 in the event of an emergency or if someone's life is in danger.**

*George Street*  
NEIGHBOURHOOD CENTRE  
ASSOCIATION INC.