



Toora Women Inc.

Toora Women Inc. is a not-for-profit organisation which has been delivering specialist services to women, aged 16 years and over, in the ACT and surrounds since the early 1980's operating from within the Mission of Safety, Respect and Choice for Women.

We support women with complex issues who have experienced past or present traumas such as:

- domestic, family and sexual violence
- the impact of their own or another's drug and alcohol use
- mental health issues
- homelessness or needing support to stay out of the homelessness system
- the ACT corrections system.

Our current programs range across a variety of settings such as crisis and transitional accommodation, day program, counselling and outreach support, allowing Toora wrap around support based on individual need. We deliver these complex services within a human rights and gendered framework.

All services are based on a theoretical model of recovery, respect and empowerment. This includes encouraging self-help and reducing the effects of harm related with dependencies.

Toora Women Inc.

SAFETY, RESPECT & CHOICE FOR WOMEN

Anna's Story

Anna is a 26 year old woman from Pakistan who came to Australia on a spousal visa. She arrived at Heira from interstate after escaping a very violent and abusive relationship. When she first came to Heira she was quite scared and insecure about her future. Anna had no financial support, no visa and no social networks.

With Heira's support, Anna was able to obtain her permanent visa under the Domestic Violence Provision and now receives financial assistance through Centrelink. She is living independently in private accommodation and is also pursuing her studies to further her education.

Last year Toora Women Inc. provided residential and outreach support for 220 women escaping domestic violence.

This Service receives funding under the National Affordable Housing Agreement (NAHA) and/or the National Partnership Agreement on Homelessness, which are jointly funded by the ACT and Australian Governments

We acknowledge the Aboriginal People as the traditional custodians of this land that we live on and pay our respects.

Heira Domestic Violence Service
P 02 6247 2399 E heira@toora.org.au

| DOMESTIC VIOLENCE | ALCOHOL & OTHER DRUGS | HOMELESSNESS |

www.toora.org.au



Heira

DOMESTIC VIOLENCE SERVICE

Heira is a specialist domestic violence service. We provide shared accommodation and outreach support for women with or without children escaping domestic violence.

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Heira

DOMESTIC VIOLENCE SERVICE

Heira Domestic Violence is a safe and supportive environment for women where race, culture and other differences are respected and valued.

We provide shared accommodation for single women and women with their children who are escaping domestic violence.

We also provide outreach services for women in the community living in domestic violence relationships and/or women who are experiencing difficulties maintaining their independent living.

ELIGIBILITY

Heira Domestic Violence Service accepts:

- single women over the age of 16
- women with children 16 years and under

HELPING LOST AND BROKEN WOMEN
FIND COMFORT, SAFETY, SELF-WORTH AND
SOMEONE WHO CARES ABOUT THEM.
HEIRA CHANGED MY LIFE.

Ruth Aged 34

Our service

Heira provides case management for women escaping domestic violence through support, advocacy and referral which may include:

- safety planning
- obtaining legal and court support
- assistance to build a support network
- assistance to obtain independent stable accommodation.
- obtaining independent life skills

We assist migrant women escaping domestic violence and specialise in support with immigration issues.

Heira clients can access other Toora services including our counselling service and/or support with drug and alcohol issues through the Toora Smart Recovery and Day Programs.

We believe that everyone has a right to live free of violence. Our specialist service is dedicated to empower women to make decisions and take more control of their own lives.

Our service operates within a client centred service framework based on the principles of safety, respect, choice and incorporates both trauma-informed and culturally inclusive and sensitive practices.

Operating Hours

Monday to Friday from 9am to 5pm.
An on-call service is available after hours.

We use Translating and Interpreting Service (TIS) accredited interpreters

"I AM AND I WAS SUPPORTED EXTREMELY
WELL AND I FELT SAFE KNOWING
THAT I HAVE SUPPORT FROM HEIRA
AND THAT MY WORKER UNDERSTANDS
OLD AGE AND WOMEN FROM CALD."

Amaya Aged 67

REFERRALS

Referrals to Heira Domestic Violence Service come from a variety of sources such as:

- First Point 1800 176 468
- Domestic Violence Crisis Service 6280 0900
- Toora AOD Service 6241 7233
- Toora Counselling Service 6241 7233
- Toora House Accommodation and Support Service 6247 2399

COST

Women in supported accommodation pay 25% of their income for rent and are eligible for rent assistance from Centrelink. Case management support and all outreach services are free.

Heira will also provide services to women without access to any income.

safety, respect and choice for women

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