

Client Services

For over 30 years we have been engaged in work against violence against women and girls. We are a specialist provider of trauma-informed services. We support all women and girls – regardless of their nationality, sexual orientation and religion.

We offer

- Information about women's issues
- Psychosocial counselling
- Trauma support
- Counselling in accordance with the Violence Protection Act

Women seeking support and counselling can make appointments. We work free of charge. We treat all information confidentially. If necessary, we can arrange for a female interpreter. You may want to bring a female companion for your support.

Our employees have all completed professional therapeutic training and are qualified to work as trauma counsellors. We are committed to high standards in our counselling services.

Welcome!

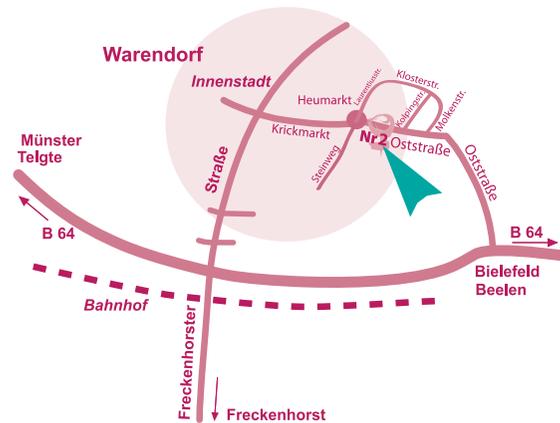


Our availability

During our opening hours women can drop in to get information and make an appointment:

Monday and Thursday 5 pm – 7 pm

Tuesday and Wednesday 10 am – noon



Women's Counselling Centre

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promoted by: Ministry of Health, Emancipation, Care and Old Age of the Land of North-Rhine Westphalia

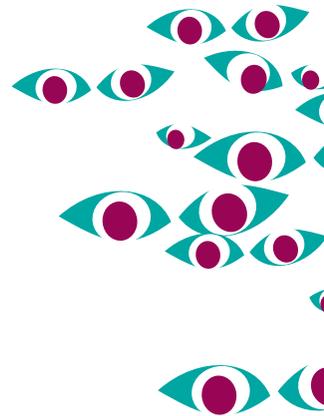
Ministerium für Gesundheit, Emanzipation, Pflege und Alter des Landes Nordrhein-Westfalen



Women's Counselling Centre Frauenberatungsstelle Warendorf

HARMED BY VIOLENCE

Support for Women



Violence

Violence against women is one of the major human rights violations worldwide.

Women are often victims of violence: In their home, in their home country, in a foreign country.

All of this is violence:

Sexual violence:

- to be touched against your will
- to be harassed
- to be forced to have sex
- to be forced to watch others having sex

Physical violence:

- to be beaten, kicked, pushed, boxed
- to be injured with a knife or other object

Psychological violence:

- to be insulted, offended, humiliated with words
- to be threatened (for example, if someone says that he will kill you)
- to be constantly monitored or controlled by others

The experience of violence is no personal fate – but a violation of human rights!

Many women are ashamed of the fact that they have experienced violence.

It is not your fault what other people have done to you!

We help you to safeguard and enforce your rights.

Trauma

Trauma refers to a severe physical and/or mental injury of a person and is caused by an unexpected, life-threatening situation. Events may become traumatic experiences, if they exceed the limits of what we can usually cope with.

War and escape are traumatic experiences for many people.

Experiencing violence seems particularly overwhelming and staggering because people deliberately exert it to hurt other people.

After a traumatic event, everyone has thoughts, feelings, and physical symptoms that may be confusing and stressful. If the symptoms persist, they show that there is a very difficult, overwhelming experience which has not yet been dealt with.

Does that sound familiar to you?

You re-live the terrible events again and again:

- in nightmares that keep repeating themselves
- in unwanted, persistent memories of the event(s) which run like a movie in your mind
- with a feeling as if 'it' would just happen again ("flashbacks")

You avoid everything that might remind you of the event:

- for example places, persons, activities
- You withdraw from your family and friends
- You have lost interest in everything that you liked before

You are in a state of tension and over-excitement:

- You are easily irritable, nervous and restless and get angry quickly
- You suffer from concentration and memory problems
- You suffer from anxiety and panic attacks
- You have problems falling asleep
- You are extremely jumpy
- You are suspicious against others because you are scared to experience violence again

All of these (trauma) symptoms are natural reactions to a traumatic event such as the experience of violence.

The symptoms may be signs of an early or already existing post-traumatic stress disorder. If you can say 'Yes' to some of the statements above, we would like to assist you:

- to understand the symptoms
- to obtain protection and security
- to learn strategies of self-reassurance and relaxation
- to cope with the traumatic events step by step

