

# Safe from violence

A guide for women leaving or separating



*Relationships Australia.*

## Authors

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## About this booklet

Making changes can be difficult. The authors encourage you to trust your feelings and yourself when making decisions about you and your children.

This booklet can be dipped into or read through. It includes input from women who have experienced violence in relationships.

It may be wise to conceal this booklet from others.

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## Give us your feedback!

Help us improve this booklet for other women.

If you can find a moment to give us your suggestions, please mail anonymously to the address overleaf (no charge for posting).

Many thanks!

Your feedback:

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