

is  
safer  
without  
abuse

US

**There is help in the Kimberley for those  
wanting to change abusive behaviour.**

## Changing Abusive Ways

It's not easy to face the harm caused by abuse. Many have caused lasting and serious damage to their families and communities. But abuse doesn't have to define you forever. If you truly care about the people in your life, and want to create a better life for them and yourself, you have the power to change.

## Break the cycle. Fix the problem

Positive change begins when you are ready to acknowledge the harm caused and commit to breaking the cycle. There are services available to help you leave abuse behind and start the process of healing. These services are here to support you as you rebuild trust and relationships, and begin your journey to becoming the person you want to be.

## Be the change US needs

By making a commitment to change, you not only help yourself, but you can also become a role model in your community - showing others that transformation is possible.

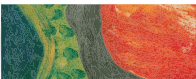
## Where to Get Help

Kimberley Community Legal Service and Marninwarntikura (Fitzroy Valley) provide free legal and social support. Many organisations in the Kimberley are ready to help, you can also find their details @ <https://csws.org.au/directory/> or use your smart phone camera to scan the code below.

**IF IN IMMEDIATE DANGER CALL 000**



MARNINWARNTIKURA



WOMEN'S RESOURCE CENTRE



[uswithoutabuse.com](http://uswithoutabuse.com)

**Free call KCLS 1800 686 020**

*US is an initiative by Kimberley Community Legal Services in partnership with Marninwarntikura Women's Resource Centre.*