

TOGETHER WE CAN END DOMESTIC ABUSE



LA DOLCE VITA PROJECT

YOUR VOICE IS YOUR FREEDOM

La Dolce Vita Project is a therapeutic counselling support service based in Queen Street, Derry/Londonderry.

LA DOLCE VITA PROJECT



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REGISTERED WITH THE CHARITY COMMISSION NORTHERN IRELAND
NIC105704

Supporting those impacted by Domestic Abuse regardless of gender.

"To say I'm so thankful to Donna and her team would be an understatement, they have helped me through so much."

"I can never thank your amazing staff enough for helping me through the worst time of my life."

For Family Care Proceedings and Criminal Proceedings

Court Support



We operate a self-referral process by telephoning us on 028 7137 7272

Telephone Support



Help to implement safety and mental health support plans

Home Visits



Based on input from service users and public needs

Focus Groups



Supporting victims and families affected by Domestic Abuse

One to One Counselling



LA DOLCE VITA WORKSHOPS

2020-21

- Domestic Abuse & Safety Planning
- Parental Conflict, Safety & Support Planning
 - Navigating the Court System
 - Domestic Abuse Awareness
 - Parental Alienation Awareness
 - Life After Domestic Abuse
- Supporting Families Impacted by Domestic Abuse & Parental Alienation

“Had a workshop today and really enjoyed it; I've learned a lot from this workshop and would really recommend it”



Domestic abuse or violence is a pattern of coercive, threatening, controlling behaviours including emotional, mental, physical, financial and sexual abuse.

Domestic abuse and violence can happen to anyone, regardless of gender, by an immediate partner or family member.

STEPS TO SUPPORT A SAFETY PLAN

- Telephone PSNI 999 if in crisis
- Decide and meet with your trusted person, to disclose you are affected by domestic abuse
- Decide and agree a Safety Plan and Safety Codeword
- Telephone or call into an organisation who deals with domestic abuse and/or violence when it is safe to do so
- Do you need a solicitor in relation to any safety and safeguarding measures for you and your child/children?
- Clear all telephone logs and internet search history
- Make a journal of any incidents
- Gather your documentation (eg. photo ID, mortgage details, child trust documents, medical number, insurance policies, bank/credit union info) and leave with a trusted person
- NEVER DOUBT YOURSELF - YOU ARE CAPABLE OF SO MUCH MORE THAN YOU THINK

USEFUL CONTACTS

PSNI Emergency	999
24 Hour Domestic Abuse Helpline	080 8802 1414
National Centre for Domestic Violence	080 0970 2070
Nexus	028 7126 0566
Victim Support	028 7137 0086
Foyle Women's Aid	028 7141 6800
Men's Advisory Project	028 7116 0001
Men's Action Network	028 7137 7777
Samaritans	084 5790 9090
La Dolce Vita Project	028 7137 7272



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