



**Oslo Krisesenters dagsenter /
The Day Service at Oslo
Women's Shelter**





The Day Service is for people who have been subjected to one or more types of violence but who do not live at the Women's Shelter. If you need protection, you will be referred to our residential unit

VIOLENCE MAY BE:

Physical violence:

physical violence such as

- pushing
- hair-pulling
- hitting
- kicking

Psychological violence:

The use of psychological violence such as

- Threats (direct or indirect)
- Controlling
- Harassment
- Negligence
- Isolation
- Restricting needs and opinions



Sexual violence:

The use of physical or psychological force to

- Force sexual acts
- Commit rape
- Perform other types of sexual abuse

Material violence:

- Destruction of furnishings or objects
- Financial exploitation

The Day Service can offer:

- Individual conversations
- The course "What is violence?"
- Therapy groups
- Advice and guidance
- Free legal counsel
- Help to contact a lawyer
- Conversations with children who have been subjected to or witnessed violence



Contact:

You can call for an appointment or receive information about our programmes on telephone:

22 48 03 80 (24/7)

All our programmes and assistance are free of charge.

Also see

www.oslokrisesenter.no