

ABOUT RISE

RISE helps people understand that respectful family relationships are safe relationships. We can help you grow the safety and respect within your whānau and relationships.

We want to inspire people, especially users of violence, to see their potential and to make changes for themselves and for their children.

Through support and empowerment we can break the cycle of family violence for whānau in our community.

OUR PURPOSE

RISE, formerly SVS – Living Safe, is a provider of professional family violence services. For more than 35 years, we have helped individuals and families seek and achieve real change to live healthier and safer lives.

We work with people responsible for the family violence as well as people who experience it. It is only when we work with the entire whānau – including the perpetrator of the harm – that everyone can develop sustainable ways of preventing future violence.

CONTACT RISE

Nelson office

☎ 03 548 3850

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Motueka office

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(site of Jack Inglis Care Home)

🌐 www.rise.net.nz

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(Our website is a Shielded Site, look for the logo)



📘 @RISEnelsonTasman

📄 027 548 3850

We also serve communities in the West Coast, Marlborough and Kaikoura. We are a member of the National Network of Family Violence Services.

Accessing our services

The services we provide are approved by the Ministry of Social Development, the Ministry of Justice, and the Department of Corrections. Please contact us to learn more.



www.rise.net.nz



We want to grow, support, and sustain safe, resilient communities.



ADULT PROGRAMMES

Programmes for adults are offered in groups or one-on-one.

Safety programmes

For anyone who has faced family harm, we help you make a safety plan to prepare you for any situation. Learn other skills for relationships with partners, ex-partners, children, parents, carers, and others. Gain awareness on how to make decisions that keep everyone safe.

Non-violence programmes

For anyone who has put or is putting their partners and/or their families at risk of harm. Explore the dynamics of family harm and how your behaviour affects others. Learn how to express and manage your feelings and how to problem solve in tough interactions. Develop communications skills for relationships with partners, ex-partners and children. Have healthier relationships and better interactions with whānau and the wider community.

Counselling

General counselling is available to support your work in a RISE programme, explore your experiences in a safe environment, and develop strategies to reach your goals.

Dads Programme

Help to be a connected, compassionate, confident and resilient dad. Dads and anyone who is in a father-role with children can sign up for this free 12-week course.

Relationship Safety Service

Develop safety in a relationship/whānau with new tools, structures and awareness. Focus on agreed ways of behaving and communicating going forward. To take part in this service, both parties must have each recently been engaged with RISE.

Trauma service

If you have trauma from family harm experienced at any stage in your life, we offer long-term therapeutic support for your journey through relationships and life.

Family whānau support

Whānau that has experienced or is experiencing family harm can learn how to improve safety and have healthy relationships. Our clinicians may connect you to extra community services to support your family's needs.

Parent support

Parents with youth in a RISE programme can learn parenting styles and practical tools to support positive parenting. Develop conflict resolution strategies and skills to manage your child's challenging behaviour.

YOUTH AND CHILDREN'S SERVICES

Under8teen

For young people aged 11 to 17, we offer support, education programmes, and one-on-one counselling. Learn how to deal with stressful situations and with all relationships in a healthy and safe way. Focus on safety, self-care, and emotional regulation. Understand the effect of violence on yourself and others.

Children's Service

Support for children of any age who have experienced family harm to learn to process trauma, grief, and loss.

MOJ Child Safety Service

For children of any age involved with a protection order. Our specialist team works with the child to focus on their psychological and physical safety as well as family wellbeing.

TRAINING FOR ORGANISATIONS AND SCHOOLS

We can speak to groups, organisations, and businesses about family harm awareness, first responders, and early intervention.