

DOES THIS HAPPEN TO YOU?

Being Hit?

Spat At?

Shouted At?

Forced To Have Sex?

Put Down?

Told You Are Worthless?

Not Allowed to See Friends and Family?

Not Allowed to Have Your Own Money?

Mind Games?

Being Threatened?

Do You Walk on Egg Shells?

THIS IS DOMESTIC ABUSE

You are not alone
1 in 4 women
will experience
domestic abuse
in their lifetime...



WE CAN HELP!

Someone to talk to in confidence

Safe accommodation for you and your children

Support to stay in your own home

Information on how to stay safe

Help to regain control of your life

Together we are stronger

Cyfannol Women's Aid delivers domestic abuse services across Gwent, providing community and refuge-based support to women and children via established bases in Torfaen, Monmouthshire and Blaenau Gwent.

Drop-in services are available in Torfaen and Monmouthshire.

Services for men are available in Blaenau Gwent.

The Chrysalis Centre
3 Town Bridge Buildings
Park Road, Pontypool
Torfaen NP4 6JE
Open Mon-Fri 9am-5pm

Tel: 01495 742052
(24 hours)

Email: info@cyfannol.org.uk

Monmouthshire
Multi Agency Centre
26b Monk Street
Abergavenny NP7 5NP
Open Mon-Fri 9am-5pm

Tel: 01873 859011
(24 hours)

Email: office@cyfannol.org.uk



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WOMEN'S AID

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HELPLINE**

0808 80 10 800

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