

Supporting women and their children since 1983

The Women's Cottage is a community-based crisis support and resource centre for women experiencing abuse, financial disadvantage, distress, poverty, or isolation in the Hawkesbury region.





Our commitment to the community

As a feminist, community-based organisation our service is committed to all forms of freedom from oppression, violence, abuse, disadvantage, poverty, injustice, and inequity, for young people, women, and their children.

For more than 40 years, strength-based and trauma-informed approaches have been at the core of our work. We believe women, we provide a safe space for them and their children, we respect an individual's agency, and we consider the safety of those who need us a priority.

Natural disasters, the pandemic, and safety

Our service is there for the community at their greatest time of need. Safety issues can worsen after natural disasters or global crises. Our website provides important information for the community at these times.

"You have gone above and beyond for me and my kids and now I can see a safe future."



With the help of our donors, we are able to provide:

- Saturday open hours
- Crisis support
- Specialist support for women impacted by domestic violence, sexual assault, and other forms of trauma
- Assistance to help women and their children rebuild their lives after violence and trauma
- Group programs
- Opportunities to strengthen a sense of community, connection and belonging
- Food hampers, material aid, nappies and baby needs, and personal care items
- Financial assistance and vouchers for food and petrol
- Create and maintain trauma informed spaces and resources

The Women's Cottage is committed to genuine connection and principles of practice for supporting Aboriginal and Torres Strait Islander women and community.



Addressing ongoing inequity

The Women's Cottage is a place that all women regardless of age, class, religion, sexual orientation, or gender identity are valued and treated equally. It is a place for women to be supported and to nurture themselves, to learn and grow. Our work supports women's autonomy and self-determination and recognises women as the central expert in their own lives.

We acknowledge the Darug People as the Traditional Owners on this Land where we live and work and pay our respects to all Aboriginal people and to Elders past, present, and future.

We acknowledge the ongoing effects of colonisation, oppression, racism, injustice, and inequity that impacts Aboriginal people today and we commit to address these issues wherever we can.

We stand with and support First Nation people's right to Voice, Treaty and Truth Telling.

More than 40% of the women we support have experienced domestic violence from an intimate partner.



The first steps

- Listening to women to understand what is happening
 - Support women to explore options and make informed decisions
 - Work with women to make safety plans for themselves and their children
 - Offer women ongoing support to re-establish life after violence
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We believe that:

- Men who choose to use violence and abuse are accountable for their actions and behaviour
 - Perpetrators of domestic violence use tactics to keep women isolated and keep abuse hidden
 - Negative social attitudes towards women and children contribute to the silence around domestic violence and a lack of available support
 - Women and children who have experienced domestic violence can overcome the impacts of abuse and reclaim their lives
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Our promise:

- The safety of women and children is our priority
- We believe women and work beside women to support their needs
- We will always provide women with safe space to talk and support to walk their own path to safety

“Even though things are hard, I feel better with your support.”

The differences we make for the women we support

87% Satisfied with services received

59% Increased connection to other services

70% Increased confidence and resources

88% Increased trust

79% Increased knowledge and skills

72% Increased emotional resilience

78% Improved feeling of wellbeing

58% Increased feelings of safety

*Review of 500 clients during 2022 – 2023. Results are drawn from client feedback, worker observations and casework conversations

**Donate
now**



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