

FIJI INDIAN ASSOCIATION

WELLINGTON INC.

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24th December 2014

Message from Fiji Indian Association Project

APNA AWAAZ

The Fiji Indian Association, Wellington has launched an initiative ----- **APNA AWAAZ (MY VOICE)** ----- to help families access support during difficult times and to keep our families and loved ones safe.

The programme is aimed at letting people know that help is available for counselling and other services during times of personal stress in these very challenging social and financial times.

It is also aimed at creating an environment of Zero Tolerance Towards Violence, as this pernicious cancer has become a cause of major concern to community leaders and social workers throughout New Zealand.

The message from **APNA AWAAZ** is clear: "Violence will not solve anything."

Help is available and do reach out and seek help. Just pick up the phone and dial for help. All calls will be kept private and confidential and you will receive professional help and will be directed to the vast array of organisations that have been established to help you.

APNA AWAAZ is for everyone and if you need help and guidance in family issues, we will be there for you.

APNA AWAAZ asks you to keep an eye out on not only your own family but also friends, neighbours or anyone else who may need help ----- don't wait and suffer alone, reach out for help.

Call anytime, 24 hours, seven days a week on the following numbers:

0800 456 450

Wellington Women's Refuge – 04 473 6280

Family Works- 439 4900

Samaritans- 0800 726 666

These telephone numbers are also on the FIA website www.fia.org.nz.

Mrs. Shanti Narayan

Chairperson

Project Apna Awaaz