

SEEK SUPPORT

KEY MOSAIC PSYCHO-SOCIAL SUPPORT CENTRES IN THE WESTERN CAPE

Mitchells Plain: Corner Pyrenees & Kilimanjaro Street, Tafelsig,
Mitchells Plain 7785

t: 021 397 3291 | e: adminmpcc@mosaic.org.za

Philippi: House of Smile, Khanyisa Centre, corner New Eisleben Road &
Mpumelelo Street, Philippi, Cape Town 7750

t: 021 761 7585 | e: admin@mosaic.org.za

Paarl/Wellington: Onverwaght Wine Estate, Wellington 7655

t: 021 761 7585 | e: admin@mosaic.org.za

Worcester: 40 Noble Street, Worcester 6850

t: 023 342 1162

Heidelberg: MOSAIC at Heidelberg Magistrates' Court

52 Van Riebeeck St, Heidelberg 6665

t: 028 722 1927/068 694 7267

Albertinia: MOSAIC, 8 William St, Albertinia 6695

t: 028 735 1007/063 211 1561

THUTHUZELA CARE CENTRES

MOSAIC PROVIDES 24/HR, 7 DAYS A WEEK SUPPORT AT
THUTHUZELA CARE CENTRES LOCATED IN KHAYELITSHA,
ATLANTIS AND WORCESTER.

If you experience domestic, intimate-partner or sexual violence, you can report to a Thuthuzela Care Centre directly or through the police.

Survivors of rape need to get medical treatment within 72 hours of the horrific experience, and Thuthuzela Care Centres are places of safety where you will receive psycho-social support, medical and legal help.

If you live outside the three locations we are directly providing services, our team will refer you to Thuthuzela Care Centres managed by our partners.

Atlantis: Wesfleur Thuthuzela Care Centre, Wesfleur Hospital, Wesfleur Circle, Atlantis 7349 | t: 021 010 0421

Khayelitsha: Khayelitsha Thuthuzela Care Centre, Khayelitsha Hospital, Khayelitsha Community Health Centre, Lwandle Road, Site B, Khayelitsha 7784 | t: 021 360 4570

Worcester: Worcester Thuthuzela Care Centre, Worcester Hospital, Murray Street, Worcester 6850 | t: 023 348 1294

24/7 EMERGENCY NUMBERS

National GBV Hotline: 0800 428 428

Emergency Line: 0800 150 150

COURT SUPPORT

MOSAIC ALSO OFFERS COURT SUPPORT SERVICES AT THE
FOLLOWING MAGISTRATES' COURTS:

ALBERTINIA (Mon-Fri)	028 735 1007/063 211 1561
ATLANTIS (Mon-Fri, see below*)	021 572 1003
BELLVILLE (Mon-Fri)	021 950 7700/7712
BISHOP LAVIS (Mon-Fri)	021 934 1021
BLUE DOWNS (Mon-Fri)	021 909 9000
CAPE TOWN (Mon-Fri)	021 461 1204
CHATSWORTH (Mon-Wed)	031 403 3237
HEIDELBERG (Mon-Fri)	028 722 1927/068 694 7267
KHAYELITSHA (Mon-Fri)	021 360 1455
MITCHELLS PLAIN (Mon-Fri)	021 370 4296
NTUZUMA (Mon-Wed)	031 530 4062
PAARL (Mon, Wed, Fri)	021 872 3127
PHILIPPI (Mon-Fri)	021 372 0901
PRETORIA (Mon-Fri)	012 319 4000
STRAND (Mon, Tues, Thurs)	021 854 7217/8
SOMERSET WEST (Wed&Fri)	021 850 7420
WELLINGTON (Tues&Thurs)	021 873 6768
WYNBERG (Mon-Fri)	021 799 1800/1902

* alternating Mondays and Tuesdays with Wednesdays and Thursdays, every fortnight

MOSAIC

TRAINING SERVICE & HEALING CENTRE
combating abuse and gender-based violence

HEAD OFFICE

66 Ottery Rd, Wynberg | PO Box 18460, Wynberg, Cape Town 7824, RSA

www.mosaic.org.za



AFRICAN
WOMEN'S
DEVELOPMENT
FUND



We have the right to
be **SAFE** in our
relationships, homes
and communities

KNOWLEDGE IS POWER

What is gender-based violence?

Gender-based violence (GBV) is an act or acts of various types of violence and abuse that is directed at someone because of their biological sex or gender identity. It can be physical, sexual, verbal, emotional, and psychological abuse or threats of such acts or abuse, coercion, and economic or educational deprivation, which can occur in one's public or private life, and may have a negative impact on one's physical, mental, emotional or economic health.

What is domestic violence?

Domestic violence (DV) is a pattern of behaviour in any relationship that is used to gain or maintain power and control over anyone that the abuser uses against the person they are in a domestic relationship with. Intimate-partner violence (IPV) is a form of domestic violence and the most common. IPV is abuse or aggression that occurs in a romantic relationship. "Intimate partner" refers to both current and former spouses and dating partners. IPV can gradually increase in severity from one episode with lasting impact to chronic and severe episodes over multiple years.

DV or IPV can be physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. This includes any behaviours that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure, or wound someone. DV or IPV can happen to anyone of any race, age, sexual orientation, religion, or gender. It can occur within a range of relationships including couples who are married, living together or dating. Domestic violence affects people of all socioeconomic backgrounds and education levels.

What is a domestic relationship?

Domestic relationships are defined in the Domestic Violence Act 116 of 1998 (amended 2021) as any relationship between the abused and the abuser in the following ways:

- The abused person is or were married to the abuser, including marriage according to any law, custom or religion;
- The abused person (whether they are of the same or the opposite sex) lives or lived together in a relationship with the abuser.
- The abused person and the abuser are the parents of a child or are persons who have or had parental responsibility for that child (whether or not at the same time);
- They are your family members related by consanguinity (people sharing a blood relationship with another person like a brother and sister, father and son, grandfather and granddaughter, niece and

aunt etc), affinity (a relationship between two people because of marriage. Examples are bother-in-law, mother-in-law, husband and wife etc.) or adoption;

- The abused person is or were in an engaged, dating or in a customary relationship, including an actual or perceived romantic, intimate or sexual relationship of any duration with the abuser, or
- The abused person is or were in a close relationship with the abuser who shares or shared the same residence.

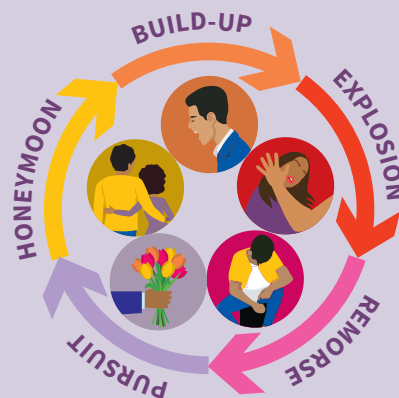
Who can be abused?

DV or IPV can happen to anyone of any race, age, sexual orientation, religion, or gender. It can occur within a range of relationships including couples who are married, living together or dating. Domestic violence affects people of all socioeconomic backgrounds and education levels.

However, women and girls make up a large number of people who experience domestic, intimate-partner and sexual violence. The World Health Organisation has reported that "1 in 3 women experience violence in their lifetime". Statistics South Africa reports that 50% of assaults against women are by someone close to them. Violence experienced by women affects their children or children they care for either directly or indirectly. While there is an emphasis on women and children, MOSAIC's services are available to anyone who experiences DV, IPV and/or SV.

IS YOUR RELATIONSHIP TRAPPED IN A CYCLE OF VIOLENCE?

The Cycle of Violence is a five-stage framework that can be used to understand the cyclical nature of behaviour in both the perpetrators and the survivors of domestic violence.



Am I at risk?

Violence in a relationship is never okay and never justified. A 'little slap' is violence, so is pushing, shoving, and throwing things, threatening violence, or forcing a partner to engage in sexual activities against her or his will. All of these things, along with punching, kicking, biting, choking, burning, and injury with weapons are forms of violence. Violence also includes emotional, psychological, and verbal abuse.

Am I overreacting?

Very often abusers will tell victims that they are overreacting, causing the perpetrator to become more violent.

YOU ARE NOT OVERREACTING OR CAUSING THE VIOLENCE!

It is normal to feel frightened and angry when your spouse or partner is violent towards you. Your reactions to earlier abuse are no excuse for someone to be violent towards you.

What to do:

SPEAK OUT

Identify someone you can trust and tell them what is happening to you.

SEEK HELP

You have a right to contact the police, what is happening to you is a crime. If you do not feel comfortable contacting the police, you can contact a Thuthuzela Care Centre (located in a hospital) or any health facility. You can contact any community-based organisation that assists people affected by domestic violence and abuse. They can provide counselling support, information, and referrals. MOSAIC is one such organisation and you can seek help by calling 021-761 7585 or going on Facebook, Instagram or Twitter.

SEEK PROTECTION

You can make an application for a Protection Order against the person using the violence. You can apply at the Magistrates' Court closest to you.

SAFETY PLAN

Ensure that you have a plan in place for your protection.