

Moving Out Moving On



Open during and beyond COVID-19


Are you working in inner Sydney and wanting to know where you can refer women (with or without accompanying children) who are experiencing domestic and family violence and/or homelessness.

INNER SYDNEY

Contact MOMO

Moving Out Moving On
Supporting women who are experiencing domestic and family violence and/or homelessness.

INNER SYDNEY



Being safe is no simple or single decision or task. We are here to support you.

Open during and beyond COVID-19

Women with or without accompanying children can contact MOMO directly, without a referral:

Tel 02 9251 2405

(select option 1)

(Mon-Fri between 8:30am and 5pm)

or use the [Contact Us page](#) on www.dvnswsm.org.au

[View Brochure](#)

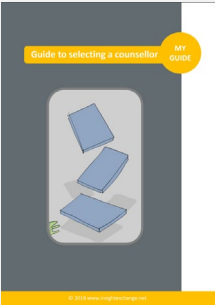
MOMO accepts formal referrals from other organisations
(Mon-Fri between 8:30am and 5pm)

Resources for people experiencing DFV



Read and share [My Safety Kit](#)
A reflection resource for people who are (or may be) experiencing domestic and family violence.

[Read More](#)



Talking with someone about your experiences of violence and abuse is a personal decision. It can be valuable but is worth thinking carefully about. One of the people you may choose to talk to is a counsellor or therapist.

Read a [Guide to Selecting a Counsellor](#)

For more insights and resources like these, visit [Insight Exchange](#).

Resources for responders



Read and share [Follow My Lead](#)
An awareness raising resource for any person who may be listening to and responding to a person experiencing DFV.

[Read More](#)

Responding to domestic and family violence during and beyond COVID-19:

- [A guide for family and friends](#)
- [A guide for workplaces](#)
- [A guide for faith communities](#)

For more insights and resources like these, visit [Insight Exchange](#).