

## Helpful Links

More links, hotlines and facts are available on our VoiceUp Australia's Resource brochure which can be found on our Facebook page, or call in and collect one at Coffs Harbour Neighbourhood Centre.

- [nationalredress.gov.au](http://nationalredress.gov.au)
- [bravehearts.org.au](http://bravehearts.org.au)
- [healforlife.com.au](http://healforlife.com.au)
- [napcan.org.au](http://napcan.org.au)
- [traumasociety.com.au](http://traumasociety.com.au)
- [clan.org.au](http://clan.org.au)
- [heartfelthouse.org.au](http://heartfelthouse.org.au)
- [interrelate.org.au](http://interrelate.org.au)
- [Qlife.org.au](http://Qlife.org.au)
- [theannainstitute.org](http://theannainstitute.org)
- [lawlink.nsw.gov.au](http://lawlink.nsw.gov.au)
- [forgottenaustalians.org.au](http://forgottenaustalians.org.au)
- [rape-dvservices.org.au](http://rape-dvservices.org.au)
- [knowmore.org.au](http://knowmore.org.au)
- [samsn.com.au](http://samsn.com.au)
- [copmi.net.au](http://copmi.net.au)
- [victimsservices.justice.nsw.gov.au](http://victimsservices.justice.nsw.gov.au)
- [voiceupaustralia.com.au](http://voiceupaustralia.com.au)

*VoiceUp Australia acknowledges and pays respect to  
Aboriginal Elders and to all Aboriginal Nations*

VoiceUp Australia acknowledges the pain and suffering of survivors of childhood abuse and remembers those who have not survived.

## Previous VoiceUp Australia events include:

- The first regional group to invite the Royal Commission into Institutional Responses to Child Sexual Abuse to attend a public forum.
- Victims Services Forums
- Public Forums on Child Protection
- Blue Knot Foundation Trauma Training for service providers & counsellors
- Blue Knot Foundation (ASCA) survivor days

## Future Opportunities

- Survivor Days
- Trauma education sessions
- Therapeutic groups
- Public forums
- And much more...

## Find out about future events

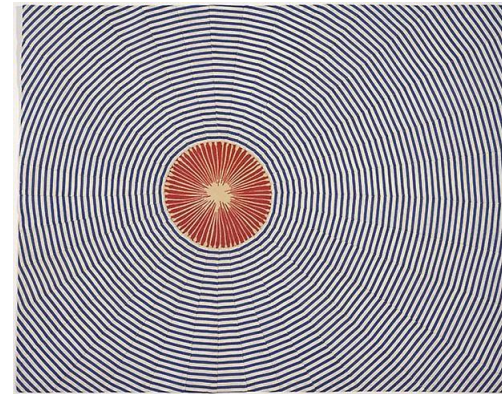
 [Facebook/VoiceUpAustralia](https://www.facebook.com/VoiceUpAustralia)

## We support

- Blue Knot Day
- White Balloon Day
- Child Protection Week
- Mental Health Week
- White Ribbon Day
- Youth Week
- National Remembrance Day for Forgotten Australians and Child Migrants

# VoiceUp Australia

**A volunteer organisation based on self-support between adult survivors of child abuse.**

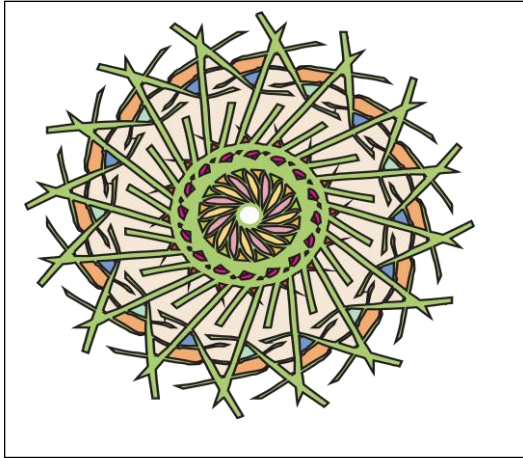


A non-funded project of:  
Coffs Harbour Neighbourhood Centre  
PO Box 1257  
Community Village,  
22 Earl Street  
Coffs Harbour 2450  
for more info call 02 6648 3694  
or email  
[support@voiceupaustralia.com.au](mailto:support@voiceupaustralia.com.au)

"FROM VOICELESS TO VOICEUP"

*“The revelation of child abuse comes in fragments of whispers. Children infrequently declare abuse either voluntarily or under questioning. The authority of the abuser is a gag on the abused.”*

( McKenzie-Murray, 2014)



## VoiceUp Australia

VoiceUp Australia is for, with and about survivors – our focus is around speaking up, exploding the myths and raising awareness. We are committed to activities which educate, empower and support survivors.

It is important that survivors deliver their message, as they are the holders of their own lived experience.

Coffs Harbour Neighbourhood Centre is open Monday through Friday 9am – 4pm. Please feel free to drop in, phone or email to have a chat, collect a resource brochure or join our contact list.

Support us and let us support you.

## ENOUGH – NO MORE CHILD ABUSE

- Break the tyranny of silence about child abuse
- Stop the cycles of intergenerational abuse
- Promote healing and recovery for all those impacted by abuse
- Create a culture where individuals speak up
- Respect differences of culture, gender, race, religion, sexuality and ability.
- Make a positive difference in the lives of children
- Educate about the long term impact of trauma on individuals and their families
- Every person, child and adult has the right to live securely without fear of being harmed.

VoiceUp Australia acknowledges that people are abused in a range of settings including families, neighbourhoods, communities and institutions.

Each survivor’s stressors or symptoms vary, and they can be escalated from a wide range of activities and situations in their lives.

Throughout our activities and work we have recognised that survivors no longer need or want to be silent, that voicing up is compelling and survivors deserve the support to do so safely.

**Regular Support Meetings - for info please contact:**  
[support@voiceupastralia.com.au](mailto:support@voiceupastralia.com.au)  
or [coordinator@chnc.com.au](mailto:coordinator@chnc.com.au) or  
**Phone: 02 6648 3694**

*It is our understanding that Individuals who have been deeply hurt by trauma, being silenced and blamed need access to systems of care, protection and justice.*

*Survivors must be part of the solution.*

*Support that recognizes survivor’s vulnerability can become a foundation for recovery.*