

ADAPT Services

Freephone Helpline:
1800 200 504

Please Note:

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Date: _____



- 24 Hour Helpline
- Emergency Refuge
- Outreach Clinics
- One-to-one & group support for women
 - Court Accompaniment
 - Advocacy
 - Childcare Support
 - Play Therapy
 - Training
 - Awareness Raising
 - Campaigns
- Breaking the Silence Project

ADAPT Services, Rosbrien, Limerick

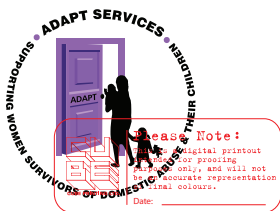
Tel: 061 - 412354

Fax: 061 - 419809

Email: administration@adaptservices.ie

Funders:





What can you do?

- 1) Put up a poster in your workplace, community hall, local store, dentist, doctors...
- 2) Become an agent for change
– tell 5 people about ADAPT Services (see over).
- 3) Talk to your children about their rights in a relationship.
- 4) Give a Christmas gift to the Refuge – towels, nightwear, toiletries, vouchers.
- 5) Encourage your school or club to join the Healthy Relationships Programme. (phone 061 412354 for details)
- 6) Set up a direct debit for ADAPT.
- 7) Research Domestic Abuse on the Internet www.womensaid.ie; www.cosc.ie
- 8) Find out about / join your Local Area Network.