



Domestic violence

Leaflet for parents

Is there violence in your family?
Do you need help?
Would you like to change things?

The following advice centers take your problems seriously and will advise you in total confidence:

Are you a victim of violence?

Opferhilfe-Beratungsstelle Graubünden

Loestrasse 37

7000 Chur

Tel. 081 257 31 50

E-mail: mail@opferhilfe.gr.ch

Cantonal counseling center for victim assistance, confidential and free of charge.

Frauenhaus Graubünden

Tel. 081 252 38 02

E-mail: frauenhaus.gr@bluewin.ch

Accommodation, protection and advice

24h (except Weds.9-14h, Sat.12-18h, Sun. 9-18h.)

Self-help group for women affected by violence

Meetings every last Thursday of the month in Chur

079 655 59 45

Have you been violent?

Beratungsstelle für

Gewalt ausübende Personen des Kantons Graubünden

Gäuggelistrasse 16 / Brunnenhof

7001 Chur

Gewalt-Hotline **079 544 38 63** (24h)

E-Mail: gewaltberatungsstelle@gr.ch

Advice and help acquiring skills necessary for resolving conflicts peacefully.

For children and adolescents:

Fachstelle Kinderschutz

Loestrasse 37

7000 Chur

Tel. 081 257 31 50

mail@kinderschutz.gr.ch

Help and advice available, 24h. in emergencies.

Children want a non-violent home

Violence is punishable - violence injures - violence is often hidden - violence has many names and faces: Constant insults and degradation, being checked up on, withholding housekeeping money, forbidding contacts, slaps, strangling, using children to apply pressure, persueing, molesting, to be forced to sexual acts....