



OULUN ENSI- JA TURVAKOTI RY
VIOLA VÄKIVALLASTA VAPAAKSI RY

SUPPORT CENTRE VARJO

FIND HELP FOR POST-RELATIONSHIP STALKING

- ◆ DO YOU FEEL LIKE YOUR EX IS REFUSING TO LET YOU GO?
- ◆ DO YOU FEEL LIKE YOU ARE BEING STALKED AFTER SEPARATION?
- ◆ HAS YOUR RELATIONSHIP INVOLVED PSYCHOLOGICAL OR PHYSICAL ABUSE?
- ◆ IS YOUR EX MORE INTERESTED IN YOU THAN YOUR CHILDREN?
- ◆ ARE YOUR CHILDREN FEELING AFRAID OR WARY?
- ◆ DOES YOUR EX KNOW THINGS THEY SHOULD NOT BE ABLE TO KNOW?



It feels so unfair to be trapped in a vicious cycle, unable to live my own life.

From the shadows into the light

Separation does not always mean the end of violence; sometimes a separation is followed by harassment. Harassment means shadowing, threats, monitoring and inappropriate contact that causes anxiety and fear in the other party. Children can be the subject or tool of harassment.

The national support centre Varjo is a national support centre providing assistance for post-relationship stalking. Varjo's mission is to improve post-relationship safety and provide support for all parties. Varjo's employees provide guidance

and counselling, crisis intervention, peer support and group support. Varjo's services are available electronically around Finland and locally in Mikkeli and Oulu. Services are provided free of charge without referral.

Support centre Varjo is an expert service provider, training and providing consultation to professionals in matters related to post-relationship stalking. The centre's operations are developed through cooperation with customers and research institutes. The safety of all parties is observed in Varjo's development.

CUSTOMERS:

- ◆ Counselling
- ◆ Guidance
- ◆ Helpline
- ◆ Peer support
- ◆ Working with all parties
- ◆ Chats and online support groups

PROFESSIONALS:

- ◆ Consultation
- ◆ Cooperation
- ◆ Education
- ◆ Information production
- ◆ Cooperative development

LISTEN TO THE MESSAGES FROM THE SHADOWS.

Information on post-relationship stalking
www.varjosta.fi



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