

**Are you exposed  
to control, threats  
or violence?**

**Contact us**

**0470 - 488 08**

[kontakt@kvinnojourenblenda.se](mailto:kontakt@kvinnojourenblenda.se)



**Kvinnojouren Blenda**

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**English**

**Telefon 0470 - 488 08**  
**[kvinnojourenblenda.se](http://kvinnojourenblenda.se)**

## Kvinnojouren Blenda

The women's refuge and resource centre Blenda is a nongovernmental organization working for a gender equal society free from violence. It was founded in 1981 and is non-partisan, being non religious and independent of party politics. The organization is run by its board, staff and volunteers who actively work to prevent all types of physical, psychological, sexual, economical and social violence. The refuge's prime focus is violence against women but we also encourage others who are exposed to violence to contact us.

## The support provided

Blenda provides support and help for people exposed to violence. Help is given through a phone help line, meetings and an emergency shelter. At Blenda you can be anonymous and professional secrecy applies. We also assist in contact with authorities, health care and the judicial system. In some cases an emergency shelter on a secret address may be needed to escape both violence and threats.

## Outreach services

The organization provides outreach services which offer information about our services and about domestic violence. These outreach services, as well as organized lectures, can be arranged at universities, social services, health care units, other organizations and workplaces.

The women's refuge and resource centre Blenda also plays an important role in instigating change both locally and on a national level. Blenda participates in professional networks, courses, fairs and other forums but also arranges own events and training courses.

## Get involved

Active members of Blenda take a course through the organization. The course provides information about the organization and about domestic violence but also includes meetings with various societal actors to learn more about how they address the issue of men's violence against women and domestic violence. Are you interested in engaging in the organizational board or volunteer work? Perhaps you have other skills that we could benefit from? Tell us more, your participation will make a difference!

## Support Blenda

There are many ways to support Blenda. A membership costs 100 SEK per year. Gifts and sponsorships are warmly welcomed, both from private persons and companies. Please contact us so that we can tell you more! Digital gifts are sent to bankgiro: 5379-3790 or Swish: 123 313 87 81.

We are members of Unizon.

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