

## **Teach Tearmainn (<https://www.activelink.ie/node/92399>)**

### **What We Do**

Teach Tearmainn provide free and confidential support services to women and children in **Kildare and West Wicklow** who are or have experienced **Domestic Violence and Abuse**.

Being in an abusive relationship can be extremely difficult and lonely. Many women blame themselves for causing their partners abusive behaviours. This can lead to many women hiding their experiences of abuse from their friends and loved ones

At Teach Tearmainn, we provide women with a safe and confidential space to share their experiences and explore their options. Our dedicated Support Team provide emotional and practical support to women using an empowerment approach so we will never ask a woman to do anything she does not want to do. You do not need to leave your relationship to use our services. To access our Services or for more information, please call our Helpline on **045-527584**

### **Our Mission**

To meet the needs of women and children experiencing Domestic Violence and Abuse, by providing inclusive, supportive and confidential services that empower women and children to live life without fear.

### **Our Vision**

A world where women and children have the right to be and feel safe and happy.

### **Our Values**

- Empowerment
- Non-Judgmental
- Trust
- Empathy
- Respect
- Women & Children Centered
- Hope

### **Contact Info**

<http://www.teachtearmainn.ie/contact-us/> (<http://www.teachtearmainn.ie/contact-us/>)

Office: [045535178](tel:045535178) (tel:[045 535178](tel:045535178))

Helpline: [045527584](tel:045527584) (tel:[045527584](tel:045527584))

### **Email**

[admin@teachtearmainn.ie](mailto:admin@teachtearmainn.ie)

### **Website**

<http://www.teachtearmainn.ie/> (<http://www.teachtearmainn.ie/>)

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