



Family Violence Support Groups in the Northern Metropolitan Region

Term 2, 2025: April - July

Each school term, the Northern Integrated Family Violence Services (NIFVS) partnership produces a calendar of family violence support groups run by organisations in the northern metropolitan region. Support groups include therapeutic groups for victim survivors, supported playgroups, parenting groups and perpetrator intervention programs. Some groups are ongoing and some are shorter term.

This calendar includes groups being run in Term 2, 2025.

Please contact the agency conducting the group before referring a service user to ensure that the group is appropriate. For more information on a group, use the contact details provided.

If you would like to include your group included on the calendar or would like further information about the calendar please contact the Communications and Program Support Officer at Northern Integrated Family Violence Services at nifvs@whin.org.au.

| Groups for Women | | | | |
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| Group | Venue | Dates | Other | Contact |
| <p>Connections</p> <p>Kids First Australia</p> <p>Connections is run by Northern Healing and Recovery Program (N-HARP) and aims to explore impacts of family violence on relationships, parenting and wellbeing by building confidence and strengthening connections between mothers to support recovery.</p> | <p>Kids First Australia</p> <p>273 Settlement Road, Thomastown</p> | <p>Thursdays</p> <p>10 am to 12.30pm</p> <p>8 weeks from 8th May to 26th June 2025.</p> | <p>Cost: free</p> <p>Eligibility: Woman who live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek</p> | <p>Email: nharp@kidsfirstaustralia.org.au</p> <p>Phone: 9450 0900</p> |
| <p>The Healing Circle</p> <p>Kids First Australia</p> | <p>Broadmeadows Women's Community House</p> | <p>Wednesdays</p> <p>10 am - 12 pm</p> | <p>Cost: free</p> <p>Eligibility: Woman who live, work or</p> | <p>Email: nharp@kidsfirstaustralia.org.au</p> <p>Phone: 9450 0900</p> |

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| <p>The Healing Circle is run by Northern Healing and Recovery Program (NHARP). The Healing Circle is a creative art based therapeutic program for women to recover from family violence.</p> | <p>2 Hadfield Court, Broadmeadows.</p> | <p>8 weeks from 7th May to 25th June 2025.</p> | <p>study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri- bek.</p> | |
| <p>The Calm Collective – Restorative Yoga</p> <p>Kids First Australia</p> <p>The calm Collective is run by Northern Healing and Recovery Program (NHARP) and aims to provide a supportive and safe space for mothers healing from impacts of family violence through breathwork,</p> | <p>Valley Park Community Centre</p> <p>44 Village Cres, Westmeadows.</p> | <p>Tuesdays</p> <p>9.45 am – 10.45 am</p> <p>4 weeks from 10th June to 1st July 2025.</p> | <p>Cost: free</p> <p>Eligibility: Woman who live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek.</p> | <p>Email: nharp@kidsfirstaustralia.org.au</p> <p>Phone: 9450 0900</p> |

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| <p>Yoga Asanas and guided meditation.</p> | | | | |
| <p>Women Standing Strong</p> <p>Your Community Health</p> <p>An eight-week support group for women who have experienced hurtful or abusive behaviour in intimate relationships with men.</p> <p>Themes explored include definitions, impact and dynamics of family violence, and forms</p> | <p>East Reservoir Walempuri Barring</p> | <p>Wednesdays</p> <p>10 am – 12 pm</p> <p>October to December 2025</p> <p>(this group is running in Term 4)</p> | <p>Cost: free</p> | <p>Name: Madeleine</p> <p>Ph: 8458 6728</p> |

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| of resistance and self-care. | | | | |
| <p>Positive SHIFT</p> <p>Baptcare</p> <p>A program designed for people identifying as women, transwomen or non-binary (birth assigned female) that are 18 years of age and over and who use(s/ed) force within intimate relationship.</p> | <p>North-East Region (TBC)</p> <p>and available online (MS Teams)</p> | <p>Thursdays</p> <p>11 am – 1 pm</p> | <p>Cost: Free</p> <p>Childcare:</p> <p>Able to support child minding services throughout group times to support participation.</p> | <p>Name: Brylee Butler</p> <p>Email: b.butler@baptcare.org.au</p> <p>Phone: 03 9373 3833</p> |

Groups for Children, Young People and Families

| Group | Venue | Dates | Other | Contact |
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| <p>Mothers in Mind</p> <p>Kids First Australia</p> <p>Mother in Mind is run by Northern Healing and Recovery Program (NHARP). Mothers in Mind is a trauma informed mother-child group specifically designed to meet the parenting needs of mothers who have experienced family violence with children up to five years old.</p> | <p>Reservoir East Kindergarten</p> <p>15 Gisbourne Crescent, Reservoir.</p> | <p>Wednesdays</p> <p>9.30 am – 11.30 am</p> <p>8 weeks from 7th May to 25th June 2025.</p> | <p>Cost: free</p> <p>Eligibility: Mothers and their children aged between 0 - 5 years old who live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek.</p> | <p>Email: nharp@kidsfirstaustralia.org.au</p> <p>Phone: 9450 0900</p> |
| <p>Art & Soul</p> <p>Anglicare Victoria</p> | <p>Broadmeadows</p> | <p>Thursday 17 April 2025</p> | <p>Cost: free</p> | <p>Name: Shilpa or Zenaida</p> |

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| <p>A one-day school holiday program, designed to provide mothers and their children with an introductory experience to our 8-week <i>Growing Connections</i> group while learning and having fun in a supportive group environment. The program will provide a mixture of activities that are:</p> <ul style="list-style-type: none"> • Indoor & Outdoor • Art based and Creative • Sensory Integrated • Play based | | <p>10 am – 1 pm</p> | | <p>Email: shilpa.nagesh@anglicarevic.org.au or Zenaida.mello@anglciarevic.org.au</p> <p>Phone: (03) 9301 5000</p> |
| <p>Growing Connections Anglicare Victoria</p> | <p>Broadmeadows</p> | <p>Thursdays 1 pm – 3 pm</p> | <p>Cost: free</p> | <p>Name: Shilpa or Zenaida</p> <p>Email: shilpa.nagesh@anglicarevic.org.au or Zenaida.mello@anglciarevic.org.au</p> <p>Phone: (03) 9301 5000</p> |

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| <p>A 8-week group for Mothers and Primary school ages children who have experienced Family Violence.</p> <p>The group has been designed to provide space for mothers and children to connect, bond, and learn about each other and themselves.</p> <p>The activities are thoughtfully selected to support this process, offering a variety of experiences such as art, movement, play, quiet reflection, and conversation.</p> | | <p>8 weeks from 1st May to 19th June 2025.</p> | | |
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| Groups for LGBTIQ+ community | | | | |
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| Group | Venue | Dates | Other | Contact |
| <p>START Thorne Harbour Health</p> <p>START is a men's behaviour change program for gay, bi, trans and queer men who want to change their use of harmful behaviours in relationships.</p> | <p>200 Hoddle Street, Abbotsford and online</p> | <p>All year round.</p> <p>Next group starting in April 2025 (contact the program for more information)</p> | <p>Cost: free</p> | <p>Name: Wellington Bertalha</p> <p>Email: behaviourchange@thorneharbour.org</p> <p>Phone: 9865-6700</p> |
| <p>SAVI Thorne Harbour Health</p> <p>SAVI (Specialist Anti-Violence Intervention) is a program for</p> | <p>200 Hoddle Street, Abbotsford and online</p> | <p>All year round.</p> <p>Small groups depending on community need.</p> | <p>Cost: free</p> | <p>Name: Wellington Bertalha</p> <p>Email: behaviourchange@thorneharbour.org</p> <p>Phone: 9865-6700</p> |



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| LGBTIQA+ people of all genders to change their use of harmful behaviours in relationships. | | | | |
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| Groups for Men | | | | |
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| Group | Venue | Dates | Other | Contact |
| <p>Men's Behaviour Change Program</p> <p>Sunbury Cobaw Community Health Centre</p> <p>20-session weekly group program for men who have used intimate partner violence.</p> | 12-28 Macedon Street, Sunbury | <p>Tuesdays 6:30pm to 8:30pm</p> <p>Commencing in late May 2025.</p> | Cost: \$10 per session | <p>Jarryd Pantazis</p> <p>Email: jarryd.pantazis@scchc.org.au</p> <p>Phone: For new clients, call Intake on 9744 4455</p> |
| <p>Men's Behavioural Change Program (DBT skills)</p> <p>DPV Health</p> <p>MBCP Family Violence Program with DBT skills. Participants are</p> | Epping and Meadows Heights offices | <p>2-3 groups commencing each month</p> <p>Time: 6 – 8 pm</p> | Cost: free | <p>Terry Huynh</p> <p>Email:</p> <p>mcbpintakehume@dpvhealth.org.au</p> <p>Phone: 03 9408 4827</p> |

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| <p><i>required to provide details of their victim survivors so the AFM can be offered support by our Family Safety Contact Team and the participant must respect any IVOs served to them whilst engaging in the program.</i></p> | | | | |
| <p>Men's Healing and Behaviour Change Programs</p> <p>Dardi Munwurro</p> <p>The programs aim to create safe places, so that healing and behaviour change can take place in a non-shaming environment.</p> | <p>OFFICE LOCATIONS</p> <p>Central (Preston)</p> <p>558 High Street, Preston</p> <p>Bairnsdale</p> <p>214 Main Street, Bairnsdale</p> <p>Shepparton</p> <p>336 Wyndham Street, Shepparton</p> | <p>Various dates based on location</p> | <p>Participants need to go through an intake process to participate to the Programs.</p> | <p>Phone: 1800 435 799</p> <p>intake@dardimunwurro.com.au</p> |

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| <p>The aim is to equip Aboriginal men to become leaders, role models and mentors within their communities.</p> <p>The Men's Healing and Behaviour Change Program is delivered in the community and in prisons.</p> <p>It is a statewide service and these are some of the topics covered in the groups:</p> <ul style="list-style-type: none"> • Understanding agreements • Accountability • Journey of life • Aboriginal identity and connection • Conflict resolution | <p>Warrnambool</p> <p>81 Liebig Street, Warrnambool</p> <p>Morwell</p> <p>185 Commercial Road, Morwell</p> <p>Dandenong</p> <p>44 McCrae Street, Dandenong</p> | | | |
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| <ul style="list-style-type: none"> • Understanding emotions • Understanding violence • Respectful relationships | | | | |
| <p>Men's Behaviour Change Programs Uniting</p> <p>The program is for men who have used violent, controlling and coercive behaviours toward their (past) partner.</p> | <p>188 McDonald's Rd, Epping</p> | <p>Tuesdays 6.00-8.00pm</p> <p>Thursdays (father's only) 6.00-8.00pm</p> | <p>Cost: free</p> | <p>Tina</p> <p>Phone - 9051 2600</p> <p>Email - Tina.Garofalo@vt.uniting.org</p> |
| <p>Men's Behaviour Change Programs Uniting</p> <p>The program is for men who have used violent, controlling and coercive behaviours toward their (past) partner.</p> | <p>Online</p> | <p>Mondays (Group A, Group B and Group C) 6.00-8.00pm</p> <p>Tuesdays 6.00-8.00pm</p> | <p>Cost: free</p> | <p>Tina</p> <p>Phone - 9051 2600</p> <p>Email - Tina.Garofalo@vt.uniting.org</p> |

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| | | Wednesdays (Group A and Group B) 6.00-8.00pm | | |
| <p>Men's Behaviour Change Programs Uniting</p> <p>The program is for men who have used violent, controlling and coercive behaviours toward their (past) partner.</p> | <p>Level 1, Suite 116 40 Burgundy St Heidelberg</p> | <p>Wednesdays 11.00-1.00pm</p> <p>Wednesdays 6.00-8.00pm</p> | <p>Cost: free</p> | <p>Tina Phone - 9051 2600 Email - Tina.Garofalo@vt.uniting.org</p> |
| <p>Men's Behaviour Change Programs Uniting</p> <p>The program is for men who have used violent, controlling and coercive behaviours toward their (past) partner.</p> | <p>648 High St, Reservoir</p> | <p>Mondays (father's only) 6.00-8.00pm</p> <p>Tuesdays 6.00-8.00pm</p> <p>Thursdays 6.00-8.00pm</p> | <p>Cost: free</p> | <p>Tina Phone - 9051 2600 Email - Tina.Garofalo@vt.uniting.org</p> |