



WOMEN'S HEALTH
IN THE NORTH
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NORTHERN INTEGRATED
FAMILY VIOLENCE SERVICES

Family Violence Support Groups in the Northern Metropolitan Region

Term 4, 2025: October – December

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 4, 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 Officer at Northern Integrated Family Violence Services at nifvs@whin.org.au.

Groups for Women				
Group	Venue	Dates	Other	Contact
<i>Connections</i> Kids First Australia 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.	Kids First Australia 273 Settlement Road, Thomastown	Thursdays 10 am to 12.30pm 8 weeks from Thursday 16th October to 4th December 2025.	Cost: free Eligibility: Woman who live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek	Email: nharp@kidsfirstaustralia.org.au Phone: 9450 0900
<i>The Healing Circle</i> Kids First Australia The Healing Circle is run by Northern Healing and Recovery Program (NHARP). The Healing Circle is a	Broadmeadows Women's Community House 2 Hadfield Court, Broadmeadows.	Wednesdays 10 am - 12 pm 8 weeks from Wednesday 15th October to	Cost: free Eligibility: Woman who live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek.	Email: nharp@kidsfirstaustralia.org.au Phone: 9450 0900

creative art based therapeutic program for women to recover from family violence.		3rd Decmber 2025.		
<i>The Calm Collective – Restorative Yoga</i> Kids First Australia 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, Yoga Asanas and guided meditation.	Valley Park Community Centre 44 Village Cres, Westmeadows.	Mondays 10:30 – 11:30am. 6 weeks from Monday 13th October – 24th November 2025	Cost: free Eligibility: Woman who live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek.	Email: nharp@kidsfirstaustralia.org.au Phone: 9450 0900
<i>Women Standing Strong</i> Your Community Health An eight-week support group for women who have	East Reservoir Walempuri Barring	Wednesdays 10 am – 12 pm October to December 2025	Cost: free	Name: Madeleine Phone: 8458 6728

experienced hurtful or abusive behaviour in intimate relationships with men. Themes explored include definitions, impact and dynamics of family violence, and forms of resistance and self-care.				
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Groups for Children, Young People and Families				
Group	Venue	Dates	Other	Contact
<i>Mothers in Mind</i> Kids First Australia 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.	Location TBC	Wednesdays 9.30 am – 11.30 am 8 weeks from 15th October – 3rd December 2025.	Cost: free 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.	Email: nharp@kidsfirstaustralia.org.au Phone: 9450 0900
Bringing up Great Kids (BUGK)- Parenting After Violence Anglicare Victoria	Epping area	Thursdays 10:30am- 1:00pm Consecutive weeks from 23rd	Cost: Free Childcare: Limited spaces available Eligibility:	Name: Parentzone Northern Email: parentzone.northern@anglicarevic.org.au Phone: 9301 5200

This group will be an opportunity to: • Reflect on your parenting in relation to the violence • Identify the important messages you want to pass onto your children • Understand the meaning of your children's behaviour following their experience of the violence • Promote safety, respect, care and love in your relationships with your children. • Discover ways to take care of yourself and find support when you need it.		of October to 4 th of December	This group is for Women whose parenting has been impacted by family violence.	
<i>Growing Connections</i> Anglicare Victoria	Broadmeadows	Mondays	Cost: free	Name: Shilpa Email:

A 8-week group for Mothers and Primary school ages children who have experienced Family Violence. The group has been designed to provide space for mothers and children to connect, bond, and learn about each other and themselves. The activities are thoughtfully selected to support this process, offering a variety of experiences such as art, movement, play, quiet reflection, and conversation.		12pm – 2:30pm (lunch provided) Nine weeks from 13th October.		shilpa.nagesh@anglicarevic.org.au or Name: Zenaida Email: Zenaida.mello@anglicarevic.org.au Phone: 9301 5000
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Groups for LGBTIQA+ community				
Group	Venue	Dates	Other	Contact
START Thorne Harbour Health 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.	200 Hoddle Street, Abbotsford and online	All year round. Next group starting in April 2025 (contact the program for more information)	Cost: free	Name: Wellington Bertalha Email: behaviourchange@thorneharbour.org Phone: 9865-6700
SAVI Thorne Harbour Health SAVI (Specialist Anti-Violence Intervention) is a program for LGBTIQA+ people of all genders to change their use of harmful behaviours in relationships.	200 Hoddle Street, Abbotsford and online	All year round. Small groups depending on community need.	Cost: free	Name: Wellington Bertalha Email: behaviourchange@thorneharbour.org Phone: 9865-6700

Groups for Men				
Group	Venue	Dates	Other	Contact
<i>Men's Behaviour Change Program</i> Sunbury Cobaw Community Health Centre 20-session weekly group program for men who have used intimate partner violence.	12-28 Macedon Street, Sunbury Face to face only.	Wednesdays 6:30pm to 8:30pm Weekly, from 15 th October 2025.	Cost: \$200	Email: access.engagement@scchc.org.au Phone: 9744 4455
<i>Men's Behavioural Change Program (DBT skills)</i> DPV Health <i>MBCP Family Violence Program with DBT skills.</i> <i>Participants are required to provide</i>	Epping and Meadows Heights offices	2-3 groups commencing each month Time: 6 – 8 pm	Cost: free	Terry Huynh Email: mcbpintakehume@dpvhealth.org.au Phone: 03 9408 4827

<i>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>				
Men's Healing and Behaviour Change Programs Dardi Munwurro The programs aim to create safe places, so that healing and behaviour change can take place in a non-shaming environment.	OFFICE LOCATIONS Central (Preston) 558 High Street, Preston Bairnsdale 214 Main Street, Bairnsdale Shepparton 336 Wyndham Street, Shepparton	Various dates based on location	Participants need to go through an intake process to participate to the Programs.	Email: intake@dardimunwurro.com.au Phone: 1800 435 799

The aim is to equip Aboriginal men to become leaders, role models and mentors within their communities. The Men's Healing and Behaviour Change Program is delivered in the community and in prisons. It is a statewide service and these are some of the topics covered in the groups: • Understanding agreements • Accountability • Journey of life • Aboriginal identity and connection	Warrnambool 81 Liebig Street, Warrnambool Morwell 185 Commercial Road, Morwell Dandenong 44 McCrae Street, Dandenong			
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• Conflict resolution • Understanding emotions • Understanding violence • Respectful relationships				
<i>Men's Behaviour Change Programs</i> Uniting The program is for men who have used violent, controlling and coercive behaviours toward their (past) partner.	188 McDonald's Rd, Epping	Tuesdays 6.00–8.00pm Thursdays (father's only) 6.00–8.00pm	Cost: free	Name: Tina Email: Tina.Garofalo@vt.uniting.org Phone: 9051 2600
<i>Men's Behaviour Change Programs</i> Uniting The program is for men who have used violent, controlling and coercive	Online	Mondays (Group A, Group B and Group C) 6.00–8.00pm Tuesdays 6.00–8.00pm	Cost: free	Name: Tina Email: Tina.Garofalo@vt.uniting.org Phone: 9051 2600

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