



WOMEN'S HEALTH
IN THE NORTH
voice • choice • power



NORTHERN INTEGRATED
FAMILY VIOLENCE SERVICES

Family Violence Support Groups in the Northern Metropolitan Region

Term 1, 2026: January - March

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 1, 2026.

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 | | | | |
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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>Broadmeadows Women's Community House</p> <p>2 Hadfield Court, Broadmeadows.</p> | <p>Wednesdays</p> <p>10 am to 12.30pm</p> <p>8 weeks from Wednesday 11th February to 1st April 2026.</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>Living Well</p> <p>Holstep Health</p> <p>A support group where women are encouraged to believe in themselves and share their experiences in a safe, supportive environment.</p> | <p>Holstep Health</p> <p>21 Alamein Road, West Heidelberg.</p> | <p>Tuesdays</p> <p>10 am – 12:30 pm</p> | <p>Cost: free</p> <p>Childcare: Limited capacity for small children</p> | <p>Name: Dana Robson</p> <p>Phone: 9450 2000</p> |

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| Creative opportunities for expression are offered. The support group features guest speakers, focuses on self-care and seeks opportunities for action to promote equity and equality for women. | | | | |
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Groups for Children, Young People and Families

| Group | Venue | Dates | Other | Contact |
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| <p>Bringing up Great Kids (BUGK)- Parenting After Violence</p> <p>Anglicare Victoria</p> <p>This group is for women whose parenting has been impacted by family violence.</p> <p>This group will be an opportunity to:</p> <ul style="list-style-type: none"> • 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 | Epping area | <p>Consecutive Wednesdays from 11th of February to 25th of March</p> <p>10:00 am - 12:30 pm</p> | <p>Cost: Free</p> <p>Childcare: Childcare unfortunately unable to be provided</p> <p>Eligibility: This group is for Women whose parenting has been impacted by family violence.</p> | <p>Name: Sandra W</p> <p>Email: sandra.walker@anglicarevic.org.au</p> <p>Phone: 9301 5200</p> |

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| relationships with your children Discover ways to take care of yourself and find support when you need it. | | | | |
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| Groups for LGBTIQ+ community | | | | |
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| 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 <u>harmful behaviours</u> in relationships. | Thorne Harbour Health 200 Hoddle Street, Abbotsford | Wednesdays 6pm – 8pm Weekly, from 7 th January 2026 | Cost: free | Name: Wellington Bertalha Email: behaviourchange@thorneharbour.org Phone: 9865-6700 |
| 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 <u>harmful</u> | Online via Microsoft Teams | Tuesdays 6pm – 8pm Weekly, from 20 th January 2026 | Cost: free | Name: Wellington Bertalha Email: behaviourchange@thorneharbour.org Phone: 9865-6700 |

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| <u>behaviours</u> in relationships. | | | | |
| SAVI Thorne Harbour Health SAVI (Specialist Anti-Violence Intervention) is a program for LGBTIQA+ people of all genders to change their use of <u>harmful behaviours</u> 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 |
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| <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> | <p>12-28 Macedon Street, Sunbury</p> <p>Face to face only.</p> | <p>Groups running on both Mondays and Tuesdays</p> <p>6:30pm to 8:30pm</p> <p>Weekly</p> <p>Monday group: 02/02/26-06/07/26</p> <p>Tuesday group: 13/01/26 - 26/05/26</p> | <p>Cost: \$200</p> | <p>Name: Peter Rademaker</p> <p>Email: peter.rademaker@scchc.org.au</p> <p>Phone: 0490 785 437</p> |
| <p>Men's Behavioural Change Program (DBT skills)</p> <p>DPV Health</p> <p><i>MBCP Family Violence Program with DBT skills. Participants are</i></p> | <p>Epping and Meadows Heights offices</p> | <p>2-3 groups commencing each month</p> <p>Time: 6 – 8 pm</p> | <p>Cost: free</p> | <p>Terry Huynh</p> <p>Email: mbcpintakenema@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>Email: intake@dardimunwurro.com.au</p> <p>Phone: 1800 435 799</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>Email: fvip.general@vt.uniting.org.</p> <p>Phone: 9051 2780</p> |