



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

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
<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	Consecutive Wednesdays from 11th of February to 25th of March 10:00 am - 12:30 pm	<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>

<p>relationships with your children</p> <p>Discover ways to take care of yourself and find support when you need it.</p>				
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Groups for LGBTIQA+ community

Group	Venue	Dates	Other	Contact
START Thorne Harbour Health <p>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.</p>	Thorne Harbour Health <p>200 Hoddle Street, Abbotsford</p>	<p>Wednesdays 6pm – 8pm Weekly, from 7th January 2026</p>	Cost: free	Name: Wellington Bertalha Email: behaviourchange@thorneharbour.org Phone: 9865-6700
START Thorne Harbour Health <p>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.</p>	Online via Microsoft Teams	<p>Tuesdays 6pm – 8pm Weekly, from 20th January 2026</p>	Cost: free	Name: Wellington Bertalha Email: behaviourchange@thorneharbour.org Phone: 9865-6700

<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
Men's Behaviour Change Program 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.	Groups running on both Mondays and Tuesdays 6:30pm to 8:30pm Weekly Monday group: 02/02/26- 06/07/26 Tuesday group: 13/01/26 - 26/05/26	Cost: \$200	Name: Peter Rademaker Email: peter.rademaker@scchc.org.au Phone: 0490 785 437
Men's Behavioural Change Program (DBT skills) DPV Health <i>MBCP Family Violence Program with DBT skills.</i> Participants are	Epping and Meadows Heights offices	2-3 groups commencing each month Time: 6 – 8 pm	Cost: free	Terry Huynh Email: mbcpintakenema@dpvhealth.org.au Phone: 03 9408 4827

<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 Dardi Munwurro 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 Central (Preston) 558 High Street, Preston Bairnsdale 214 Main Street, Bairnsdale Shepparton 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 Phone: 1800 435 799</p>

<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 81 Liebig Street, Warrnambool</p> <p>Morwell 185 Commercial Road, Morwell</p> <p>Dandenong 44 McCrae Street, Dandenong</p>		
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<ul style="list-style-type: none"> • Understanding emotions • Understanding violence • Respectful relationships 				
<p><i>Men's Behaviour Change Programs</i> <i>Uniting</i> The program is for men who have used violent, controlling and coercive behaviours toward their (past) partner.</p>	188 McDonald's Rd, Epping	Tuesdays 6.00-8.00pm Thursdays (father's only) 6.00-8.00pm	Cost: free	Email: fvip.general@vt.uniting.org . Phone: 9051 2780