



## Northern Integrated Family Violence Services

### Family Violence Support Groups in the Northern Metropolitan Region

TERM 4, 2018: October to December

Each school term, Northern Integrated Family Violence Services (NIFVS) produces a calendar of family violence support groups run by organisations in the northern metropolitan region. Support groups include: therapeutic groups for women and children, supported playgroups, parenting groups and men's behaviour change groups. Some groups are ongoing and some are shorter term.

The calendar includes groups being run in Term 4, 2018.

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. The costs of attendance at the groups vary - the majority of the groups have no charge but it is important to check.

**If you would like to include your group included on the calendar or would like further information about the calendar please contact Women's Health In the North on 03 9484 1666 or [info@whin.org.au](mailto:info@whin.org.au).**

## Groups For Women Who Have Experienced Family Violence

Group	Venue	Dates	Other	Contact
<p><b>Heartspace</b> <b>Salvation Army</b></p> <p>A therapeutic group for women who have experienced family violence, run by an Art Therapist.</p>	<p>22 Lennox St Richmond</p>	<p>Wednesdays during 4<sup>th</sup> term (please check)  Time: 12.00-14.00</p>	<p>Cost: Free  Childcare: Children welcome</p>	<p>Ph: 9429 1676</p>
<p><b>Living Well Group</b> <b>Banyule Community Health</b></p> <p>Ongoing support group for women who have been in a hurtful or abusive relationship.</p>	<p>21 Alamein Road West Heidelberg</p>	<p>Most Tuesdays during the school term (Please check)  Time: 13.00-15.00</p>	<p>Cost: Free  Childcare: Limited. Can accommodate small babies.</p>	<p>Dana  Phone: 9450 2610</p>
<p><b>Moving forward</b> <b>Uniting Kildonan</b></p> <p>A safe and supportive group for women who have experienced family violence. This six week group will include guest speakers, education, empowerment, self-care, support and connections with women in the local community.</p>	<p>61 Riggall St Broadmeadows</p>	<p>Tuesdays 9 October to 20 November  Time: 10:00-12.00</p>	<p>Childcare provided</p>	<p>Geri or Kerry  Ph: 9302 6100</p>

## Groups For Women Who Have Experienced Family Violence

Group	Venue	Dates	Other	Contact
<p><b><i>Regenerate</i></b></p> <p><b>Good Samaritan Inn</b></p> <p>REGENERATE provides free therapeutic outdoor experiences in small groups. Created by women for women, and women with children who are survivors of family violence.</p>	To be confirmed	To be confirmed	<p>Cost: Free</p> <p>Childcare: Various depending on session type</p>	<p>Referral required</p> <p>Phone: 8658 1416</p> <p>or</p> <p><a href="#">Complete referral form</a></p>
<p><b><i>Seeds iHeal Recovery Support</i></b></p> <p><b>Drummond street services</b></p> <p>Seeds is a series of educational sessions provided by practitioners for women experiencing issues of family violence and problematic substance use.</p>	<p>Drummond street</p> <p>100 Drummond St</p> <p>Carlton</p>	<p>Thursdays</p> <p>25 October to 13 December</p> <p>Time: 10.30-12.30</p>	<p>Cost: Free</p>	<p>Phone: 9663 6733</p> <p><a href="mailto:susan.lantray@ds.org.au">susan.lantray@ds.org.au</a></p>
<p><b><i>Vietnamese Women's Family Violence Support Group</i></b></p> <p><b>North Richmond Community Health (NRCH) &amp; Catholic Care</b></p> <p>An open group facilitated by NRCH senior social worker and Catholic Care AOD and family counsellors Van Tran and Quyen Mai. New referrals are screened to ensure suitability. Please ring group contacts for further information.</p>	<p>Training room,</p> <p>North Richmond</p> <p>Community Health,</p> <p>23 Lennox St,</p> <p>North Richmond</p>	<p>3<sup>rd</sup> Monday of each month</p> <p>Time: 10.00-12.00</p>	<p>Cost: Free</p> <p>Childcare: not available</p>	<p>Van Tran</p> <p>Phone: 0413 257 884</p> <p>Quyen Mai</p> <p>Phone: 0488 228 871</p>

## Groups For Children and Families

Group	Venue	Dates	Other	Contact
<p><b><i>Breaking the Cycle of Adolescent Violence</i></b>  <b>Anglicare Victoria</b></p> <p>For parents and carers of adolescents (10 – 23 years of age) who are abusive and/or violent in the home.</p>	<p>Anglicare Victoria                  23 Railway Crescent                  Broadmeadows</p>	<p>Term 4, 2018                  8 sessions                  October 17 to                  December 5</p> <p>Wednesday 9.30am –                  12pm</p>	<p>Cost: Free</p> <p>Moring tea                  provided</p>	<p>Chris or Nadia</p> <p>Phone: 9301 5200</p>
<p><b><i>Darebin &amp; Mill Park Koorie Kids Playgroups</i></b>  <b>Victorian Aboriginal Child Care Agency (VACCA)</b></p> <p>Supported Parent Playgroup for children and their families to gather with other Koorie families, make new friends, hear stories, participate in arts and crafts, dance, express creativity and learn about culture.</p>	<p>2A Raleigh Street,                  Thornbury</p> <p>62 Carrington Blv,                  Thomastown</p>	<p>Tuesdays during                  school term</p> <p>Time: 12.00-14.00</p> <p>Wednesdays during                  school term</p> <p>Time: 12.30-14.30</p>	<p>Cost: Free</p>	<p>Anita</p> <p>Phone: 9287 8800</p> <p><a href="mailto:anita@vacca.org">anita@vacca.org</a></p>
<p><b><i>Growing Connections</i></b>  <b>Anglicare Victoria</b></p> <p>Growing Connections is a group for mothers to improve their connection with their primary school age children. The program runs over 8 sessions and aims to strengthen bonds, improve self-esteem and reconnect through art and craft.</p>	<p>Location: Anglicare                  Broadmeadows</p> <p>Address:32 Railway                  Crescent,                  Broadmeadows</p>	<p>Dates: October 16<sup>th</sup> to                  December 4th 2018</p> <p>Tuesdays</p> <p>Time: 10am-12pm</p>	<p>Cost: Free</p> <p>Childcare:                  Available</p>	<p>Name: Zenaida or Megan</p> <p>Phone: 9301 5200</p>

## Groups For Children and Families

Group	Venue	Dates	Other	Contact
<p><b><i>Let's Play; Let's Play More</i></b></p> <p><b>Anglicare Victoria – Children Drive Children and Family Centre</b></p> <p>Aims to strengthen parenting skills through play in these playgroups for vulnerable families with pre-school children. The Broadmeadows Women's Community House partners with Uniting Care ReGen, using the Small Talk model.</p>	<p>Cleveland Drive Child and Family Centre</p> <p>24-26 Cleveland Dr (Cnr Essex Way), Craigieburn</p>	<p>Mondays</p> <p>Let's Play: 9.00-10.30</p> <p>Let's Play More: 11.00-12.30</p>	<p>Cost: Free</p> <p>Bookings essential</p>	<p>Broadmeadows Women's Community House</p> <p>Phone: 9309 9433</p> <p>Email: <a href="mailto:womenshouse@anglicarevic.org.au">womenshouse@anglicarevic.org.au</a></p>
<p><b><i>Small Steps; Little Steps</i></b></p> <p><b>Anglicare Victoria - Broadmeadows Community Hub</b></p> <p>Aims to slowly build confidence as a parent through singing, reading stories and play. Gentle encouragement for vulnerable families using the Small Talk model. Run in partnership with Uniting Care ReGen.</p>	<p>Broadmeadows Community Hub</p> <p>Cnr Widford St and Freda St, Broadmeadows</p>	<p>Tuesdays</p> <p>Small Steps: Time: 9.15-10.45</p> <p>Little Steps: Time: 11.30-13.00</p>	<p>Cost: Free</p> <p>Bookings essential</p>	<p>Broadmeadows Women's Community House</p> <p>Phone: 9309 9433</p> <p>Email: <a href="mailto:womenshouse@anglicarevic.org.au">womenshouse@anglicarevic.org.au</a></p>
<p><b><i>Shine &amp; Grow Supported Playgroup</i></b></p> <p><b>CPS &amp; Berry Street</b></p> <p>For children under primary school age and their parents/caregivers It's designed for families in vulnerable circumstances who may have experienced family violence, disrupted attachment, mental health, trauma and/or social isolation. Facilitated by Family Services workers from CPS and Berry Street.</p>	<p>Banyule Community Health</p> <p>21 Alamein Road, West Heidelberg</p>	<p>Mondays during school terms.</p> <p>Time: 10.00-11.30</p>	<p>Cost: Free.</p> <p>Healthy morning tea provided</p>	<p>Aziza</p> <p>Phone: 9450 0900</p>

## Groups For Men who use Family Violence

Group	Venue	Dates	Other	Contact
<p><b><i>Koori Men's Behaviour Change Program</i></b>  <b>Dardi Munwurro</b></p> <p>Dardi Munwurro offers a Koori Men's Behaviour Change Program with an intensive residential diversion response.</p>	<p>Preston Epping</p>	<p>TBC</p>	<p>Cost: Free</p>	<p>1800 435 799</p>
<p><b><i>Men's Behaviour Change Program</i></b>  <b>DPV Health</b></p> <p>The program uses group learning techniques to:</p> <ul style="list-style-type: none"> <li>• Support men to become more aware of their own, and other men's, abusive and violent behaviours</li> <li>• Take responsibility for their own abuse and violence</li> <li>• Build knowledge of alternative behaviours to abuse and violence.</li> </ul>	<p>Call for details</p>	<p>Call for details of dates and times</p>	<p>Childcare: Not available</p>	<p>DPV Health Intake Service Phone: 9409 8787</p>
<p><b><i>South Asian Men's Behaviour Change Program</i></b>  <b>Kildonan Uniting</b></p> <p>The program invites men to consider the impact of the violence they use within their family including tactics of coercive control towards current partners, ex partners and children. It also addresses specific cultural values and issues.</p>	<p>81 Burgundy St, Heidelberg</p>	<p>Dates: Mon nights</p>	<p>Childcare: Not available</p>	<p>Family Violence Intervention Program Phone: 9457 0500</p>

## Groups For Men who use Family Violence

Group	Venue	Dates	Other	Contact
<p><b><i>Men's Behaviour Change Program</i></b>  <b>Sunbury Community Health</b></p> <p>The 20-week program assists men to change the way they think and act so they can form more respectful relationships with their partners, children, families, friends or those at work.</p>	<p>Sunbury</p>	<p>Call for details of dates and times</p>	<p>Cost: \$9 - \$25                      Childcare: Not available</p>	<p>Sunbury Community Health                      Phone: 9744 4455</p>
<p><b><i>ReVisioning – Behaviour Change Program for Same Gender Attracted Men</i></b>  <b>Thorne Harbour Health</b></p> <p>ReVisioning is a group where gay, bisexual, and/or queer man (including cisgender or trans men) can learn about breaking patterns of violent, abusive or controlling behaviours. The group offers a safe environment where participants can explore power and control in their relationships and raise their awareness of the effects their behaviours have on others and themselves.</p>	<p>Thorne Harbour Health                      Level 5/615 St Kilda Rd,                      Melbourne</p>	<p>Call for details of dates and times</p>	<p>Call for details</p>	<p>ReVisioning Team                      9865 6700  <a href="mailto:revisioning@thorneharbour.org">revisioning@thorneharbour.org</a></p>