



## Northern Integrated Family Violence Services

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

TERM 1, 2019: January to March

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 1, 2019.

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

Group	Venue	Dates	Other	Contact
<p><b>Arabic Recovery Group</b></p> <p><b>inTouch in partnership with Anglicare Victoria</b></p> <p>Family Violence Recovery Group for women from Arabic speaking backgrounds focusing on self-care, education about the law and rights, healthy relationships, and life in Australia.</p>	<p>Epping Community Services Hub</p> <p>713 High St Epping</p>	<p>Wednesdays from 20 February to 27 March 2019</p> <p>Time: 10.30-13.30</p>	<p>Light lunch &amp; childcare provided.</p> <p>Transport support to be discussed with facilitators.</p>	<p>Mira (Arabic speaking) Ph: 9413 6520</p> <p>Sandra (English speaking) Ph: 8470 9999</p>
<p><b>Playful parenting</b></p> <p><b>Anglicare</b></p> <p>This is an 8-week program for mothers with children between the ages of 2-10 years, who have experienced family violence. It helps participants to strengthen their relationship with their child by teaching them skills to play together in a meaningful way.</p> <p><b>Children do not attend the group.</b></p>	<p>Anglicare Broadmeadows</p> <p>32 Railway Crescent Broadmeadows</p>	<p>Thursdays from 14 February to 4 April 2019</p> <p>Time: 10:00-12:00</p>	<p>Cost: Nil</p> <p>Childcare: Not provided</p>	<p>Jenny Barker or Megan Johnson</p> <p>Ph: 9301 5200</p>

## Groups For Women

Group	Venue	Dates	Other	Contact
<p><b><i>Parenting After Violence (PAV)</i></b>  <b>Anglicare Victoria</b></p> <p>This group comprises four sessions and is aimed at women dealing with parenting their children after (or during) family violence, and the effects FV on her and her children. Some of the topics covered include:</p> <ul style="list-style-type: none"> <li>• Family violence and the impact on the mother and her children;</li> <li>• Talking with children about family violence, their behaviours, feelings, and fears</li> <li>• Surviving as a parent after family violence - practical information, strategies and self-care.</li> </ul>	Lalor area	Thursdays from 7 March to 28 March 2019 Time: 10:00-13:00	Cost: Free Childcare: Limited spaces available	Leah or Genine Ph: 8641 8900
<p><b><i>Living Well Group</i></b>  <b>Banyule Community Health</b></p> <p>Ongoing support group for women who have been in a hurtful or abusive relationship.</p>	21 Alamein Road West Heidelberg	Most Tuesdays during the school term (Please check) Time: 13.00-15.00	Cost: Free Childcare: Limited. Can accommodate small babies.	Dana Ph: 9450 2610

## Groups For Women

Group	Venue	Dates	Other	Contact
<p><b><i>Regenerate</i></b>  <b>Good Samaritan Inn</b>                      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>	<p>To be confirmed</p>	<p>To be confirmed</p>	<p>Cost: Free                      Childcare: Various depending on session type</p>	<p>Referral required                      Ph: 8658 1416                      or  <a href="#">Complete referral form</a></p>
<p><b><i>Futures Free From Violence</i></b>  <b>drummond Street Service</b>                      Futures Free From Violence is offering a 17-week group program for women who have used force in the context of a heterosexual relationship (trans inclusive).                       It works therapeutically and fosters opportunities for mutual support, shared experiences and healing. It is facilitated with acknowledgement of robust research that, overwhelmingly, women who use force toward their male partners do so in response to ongoing coercive control and abuse perpetrated by that male partners. It aims to explore how women view their use of force and its impact on their lives and the lives of their children.</p>	<p>Northern Metro Region</p>	<p>Thursdays from 21 February for 17 weeks                      11:00-13:00</p>	<p>Cost: Free                      Free childcare available</p>	<p>Anne-lise or Jill                      Ph: 9663 6733  <a href="mailto:annelise.ahfat@ds.org.au">annelise.ahfat@ds.org.au</a>  <a href="mailto:jill.faulkner@ds.org.au">jill.faulkner@ds.org.au</a></p>

## Groups For Women

Group	Venue	Dates	Other	Contact
<p><b><i>Positive Shift</i></b>  <b><i>Berry Street and Baptcare</i></b>                      A group-work program aimed at supporting and providing psychoeducation for women who have used force in their intimate relationships. The program is informed by feminist and strengths-based frameworks and seeks to empower women to make positive choices for themselves.</p>	<p>Berry Street                      677 The Boulevard                      Eaglemont</p>	<p>11 February for 16 weeks                      10.00-12.00</p>	<p>Cost: Free                      Free childcare available</p>	<p>Gemma or Catherine                      Ph: 9450 4700  <a href="mailto:gfarrar@berrystreet.org.au">gfarrar@berrystreet.org.au</a>  <a href="mailto:chadlow@berrystreet.org.au">chadlow@berrystreet.org.au</a></p>

## Groups For Children and Families

Group	Venue	Dates	Other	Contact
<p><b><i>Darebin &amp; Mill Park Koorie Kids Supported Parent Playgroups</i></b></p> <p><b>Victorian Aboriginal Child Care Agency (VACCA)</b></p> <p>Playgroup for children &amp; 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: 12.00-14.00</p>	<p>Cost: Free</p>	<p>Taleah</p> <p>Ph: 9287 8800</p> <p><a href="mailto:taleahh@vacca.org">taleahh@vacca.org</a></p>
<p><b><i>Let's Play; Let's Play More Playgroups</i></b></p> <p><b>Anglicare Victoria</b></p> <p>Aims to strengthen parenting skills through play for vulnerable families with pre-school children. Broadmeadows Women's Community House and Uniting 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: 11.00-12.20</p>	<p>Cost: Free</p> <p>Bookings essential</p>	<p>Ph: 9309 9433</p> <p><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</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</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>Ph: 9309 9433</p> <p><a href="mailto:womenshouse@anglicarevic.org.au">womenshouse@anglicarevic.org.au</a></p>

## Groups For Children and Families

Group	Venue	Dates	Other	Contact
model. Run in partnership with Uniting ReGen.				
<p><b><i>Shine &amp; Grow Supported Playgroup</i></b>  <b>Kids First &amp; Berry Street</b></p> <p>For children aged 0 - 5 years 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>Melissa</p> <p>Ph: 9450 4774</p>
<p><b><i>Child and Mother's in Mind Program</i></b>  <b>Kids First</b></p> <p>This program has been designed to support mothers with children under five years old who have experienced family violence, to strengthen their relationship with their child/ren and increase parenting capacity.</p> <p>It is a 22-week group program for mothers and their children which runs weekly.</p>	<p>Kildonan Uniting Care</p> <p>188 McDonalds Rd</p> <p>Epping</p> <p>Span Community House</p> <p>64 Clyde St</p> <p>Thornbury</p>	<p>Tuesdays from 29 January</p> <p>10:00-12:00</p> <p>Fridays from 1 February</p> <p>10:00-12:00</p>	<p>Key eligibility criteria for referral include:</p> <ul style="list-style-type: none"> <li>• Mother must have experienced family violence but no longer live with the perpetrator</li> <li>• Mother must have children in her care</li> <li>• Child must be available to attend the group with their mother</li> </ul>	<p>Ph: 9450 0900</p> <p><a href="mailto:CMiMintake@kidsfirstaustralia.org.au">CMiMintake@kidsfirstaustralia.org.au</a></p>

## Groups For LGBTIQ Community

Group	Venue	Dates	Other	Contact
<p><b><i>ReVisioning – Behaviour Change Program for Same Gender Attracted Men</i></b></p> <p><b>Thorne Harbour Health</b></p> <p>ReVisioning is a group where gay, bisexual, and/or queer men (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>Tuesdays 18:00-20:00</p>	<p>Call for details</p>	<p>ReVisioning Team Ph: 9865 6700 <a href="mailto:revisioning@thorneharbour.org">revisioning@thorneharbour.org</a></p>
<p><b><i>Futures Free from Violence</i></b> <b>drummond street services</b></p> <p>A 17-week group program for queer, bisexual, lesbian women (trans inclusive) who have used violence in a relationship.</p> <p>The program provides therapeutic support designed to provide support in making transformative changes away from harmful behaviours and toward respectful relationships.</p>	<p>Northern Metro Region</p>	<p>Tuesdays from 19 February for 17 weeks 18:00-20:00</p>	<p>Cost: Free Free Childcare available</p>	<p>Anne-lise or Jill Ph: 9663 6733 <a href="mailto:annelise.ahfat@ds.org.au">annelise.ahfat@ds.org.au</a> <a href="mailto:jill.faulkner@ds.org.au">jill.faulkner@ds.org.au</a></p>



## Groups For LGBTIQ Community

Group	Venue	Dates	Other	Contact
<p><b><i>Futures Free from Violence</i></b>  <b>drummond street services</b></p> <p>A 17-week group program for trans and/or gender diverse people who have used violence in a relationship.</p> <p>The program provides therapeutic support designed to provide support in making transformative changes away from harmful behaviours and toward respectful relationships.</p>	<p>Northern Metro Region</p>	<p>Wednesdays from 20 February for 17 weeks                      13:00-15:00</p>	<p>Cost: Free                      Free Childcare available</p>	<p>Anne-lise or Jill                      Ph: 9663 6733  <a href="mailto:annelise.ahfat@ds.org.au">annelise.ahfat@ds.org.au</a>  <a href="mailto:jill.faulkner@ds.org.au">jill.faulkner@ds.org.au</a></p>

## Groups For Men

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>273 High Street  Preston</p>	<p>Every Monday night  18.30-20.30</p>	<p>Cost: Free</p>	<p>Ph: 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  Ph: 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>Monday nights  18.00-20.00</p>	<p>Childcare: Not available</p>	<p>Family Violence Intervention Program  Ph: 9457 0500</p>

## Groups For Men

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>	Sunbury	Call for details of dates and times	Cost: \$9 - \$25 Childcare: Not available	Sunbury Community Health Ph: 9744 4455
<p><b><i>NCASA men's support group</i></b>  <b>Northern Centre Against Sexual Assault (NCASA)</b></p> <p>Ten-week support group for men who have experienced sexual abuse</p>	Repatriation Hospital Waterdale Rd, Heidelberg West	Tuesdays from 26 March to 28 May Time: 18:00-20:30	Cost: None Childcare: None Participants will need to attend an initial assessment meeting with the facilitators, and agree to be engaged with 1-1 counselling for support during the group (NCASA can assist with this)	Kaye or Cameron Phone: 9496 2369