



Northern Integrated Family Violence Services

Family Violence Support Groups in the Northern Metropolitan Region

TERM 4, 2020: October - 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 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, 2020. Due to COVID-19 there are a reduced number of groups at present and due to restrictions, most groups will be online. Please contact the organiser to check venue details.

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 Women's Health In the North on 03 9484 1666 or info@whin.org.au.

Groups For Women

Group	Venue	Dates	Other	Contact
<p><i>Taking Care of Yourself after a Harmful Relationship</i></p> <p>Health Ability (Eltham)</p> <p>A therapeutic group for women who have previously been in a relationship with someone who hurt, frightened of controlled them.</p> <p>Led by professional Counsellors these sessions will help participants:</p> <ul style="list-style-type: none"> • Understand the importance of self-care after leaving a harmful relationship • Learn and practice self-care strategies. 	TBA	Fridays 30 October, 6 & 13 November	Cost: Free Childcare: Not available	Sharon Alexander Phone: 9430 9100
<p><i>Parenting After Violence (PAV)</i></p> <p>Anglicare Victoria</p> <p>This group comprises is aimed at women dealing with parenting their children after (or during) family violence, and the effects of FV on her and her children. Topics include:</p> <ul style="list-style-type: none"> • Family Violence and the impact on the mother and her children • Talking with children about family violence, their behaviours, feelings, and fears 	Online Via Zoom	Tuesdays, 27 October - 24 November (break on 3 Nov) Time: 10:00am - 1:00pm	Cost: Free Childcare NA	Rose Phone: 8641 8900

<ul style="list-style-type: none"> • Surviving as a parent after family violence - practical information, strategies and self-care. 				
<p><i>Respectful Relationships</i> DPV Health & Hume City Council</p> <p>This workshop provides participants with strategies to help them build stronger, happier relationships with their family.</p>	<p>Zoom link provided on registration.</p>	<p>Tuesday 27 October Time: 1-2pm</p>	<p>Free</p>	<p>Ph: 9356 6729 or newbury@hume.vicgov.au for registration and links</p>
<p><i>Living Well</i> Banyule Community Health</p> <p>The group provides opportunities for individual growth and self-care; to provide group education and promote awareness around family violence and safety; to support each other as equals; to build self-esteem and encourage unity, rapport and an understanding that each individual's place in the world is unique and deserving of respect.</p> <p>The target population is female, from all races, cultures and religions who have experienced family violence.</p>	<p>Banyule Community Health 21 Alamein Rd., West Heidelberg 3081</p>	<p>The group usually meets for two hours every week except school holidays. The group hopes to return to meeting face-to-face meetings in October.</p>	<p>Cost: Free Childcare: not available</p>	<p>Dana Robson Ph: 9450 2000</p>

Groups for Children, Young People and Families

Group	Venue	Dates	Other	Contact
<p><i>Let's Play; Let's Play More Playgroups</i> Anglicare Victoria & ReGen Aims to strengthen parenting skills through play for vulnerable families with pre-school children. Run with Broadmeadows Women's Community House and Uniting ReGen, using the Small Talk model.</p>	Online	Mondays Time: 9:45am to 10:45am	Cost: Free Bookings essential	Ph: 9301 5250 womenshouse@anglicarevic.org.au
<p><i>Small Steps; Little Steps</i> Anglicare Victoria & ReGen 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 ReGen.</p>	Online	Tuesdays Time: 10am-11am	Cost: Free Bookings essential	Ph: 9301 5250 womenshouse@anglicarevic.org.au
<p><i>Art & Soul</i> Anglicare School holiday program designed to provide mothers and their children with a fun and supportive group environment. Includes a mixture of activities:</p> <ul style="list-style-type: none"> • Indoor & Outdoor • Art based and Creative • Sensory Integrated • Play based. 	Online via Zoom	Tuesday 29 September Time: 10am-11:30am	Cost: Free Childcare: N/A	Name: Zenaida Phone: 9301 5262 or 0447 185 875

Groups For LGBTIQ Community

Group	Venue	Dates	Other	Contact
<p>LGBTIQ+ Pathways to Resilience</p> <p>Family Access Network</p> <p>Connecting and supporting LGBTIQ+ young people (aged 15-25) who have experienced family violence.</p>	<p>Private online space</p>	<p>During school term</p> <p>Tuesdays 4-5pm</p>	<p>Cost: Free</p>	<p>Miles</p> <p>Ph: 9890 2673 or</p> <p>mmilton@fan.org.au</p>
<p>ReVisioning – MBCP</p> <p>Thorne Harbour Health</p> <p>Men’s Behaviour Change program for GBTIQ male identifying people who use violence and control in their intimate partner relationships.</p> <p>While not held in the Northern Region, Thorne Harbour Health is a state-wide service so participants living in the North can attend this group.</p>	<p>Online</p>	<p>Every Tuesday during 2020</p> <p>Time: 6-8pm</p> <p>20 session attendance required.</p>	<p>Cost: Gold coin donation (cost can be waived for low income clients)</p> <p>Childcare: Not available</p>	<p>Intake Worker</p> <p>Ph: 9865 6700</p> <p>revisioning@thorneharbour.org</p>

Groups For Men

Group	Venue	Dates	Other	Contact
<p><i>Koori Men's Behaviour Change Program</i> Dardi Munwurro</p> <p>Dardi Munwurro offers a Koori Men's Behaviour Change Program with an intensive residential diversion response.</p>	Zoom	<p>Four groups per week</p> <p>Tuesdays: 2pm & 7pm</p> <p>Wednesdays: 11am & 4pm</p>	Cost: Free	Ph: 1800 435 799
<p><i>Men's Behaviour Change Program</i> DPV Health</p> <p>The program uses group learning techniques to:</p> <ul style="list-style-type: none"> • Support men to become more aware of their own, and other men's, abusive and violent behaviours • Take responsibility for their own abuse and violence • Build knowledge of alternative behaviours to abuse and violence. 	Call for details	Call for details	Childcare: Not available	<p>DPV Health Intake Service</p> <p>Ph: 9409 8787</p>
<p><i>Men's Behaviour Change Program</i> Sunbury Community Health</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>	Call for details	Call for details	<p>Cost: \$10</p> <p>Childcare: Not available</p>	<p>Sunbury Community Health</p> <p>Ph: 9744 4455</p>