



Northern Integrated Family Violence Services

Family Violence Support Groups in the Northern Metropolitan Region

TERM 2, 2021: April - June

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 2, 2021. Due to COVID-19 some groups will still be provided online.

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>Connections (online)</i> Kids First</p> <p>The group provides an opportunity for connection between mothers with an experience of family violence. It focusses on exploring how family violence can impact relationships between mothers and their children, build on the mother's confidence and support her to strengthen her relationship with her children. The group is available to mothers of children and young people aged 0-17.</p>	Online via Zoom	<p>Wednesdays for 8 weeks from 12th May</p> <p>Time: 10.00am-12.00pm</p>	<p>Cost: Free</p> <p>Childcare: N/A</p>	<p>Name: Fiona Edwards</p> <p>fedwards@kidsfirstaustralia.org.au</p> <p>Ph: 0417 164 877</p>
<p><i>Looking Forward</i> Anglicare Victoria</p> <p>A seven-week empowerment group for women who are experiencing, or have experienced, a hurtful or abusive relationship.</p>	Broadmeadows area	<p>Tuesdays</p> <p>11th May – 22nd June</p> <p>Time: 10.00am-12.30pm</p>	<p>Cost: Free</p> <p>Childcare: Limited spaces available</p>	<p>Genine or Elmas</p> <p>Ph: 8641 8900</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</p>	<p>21 Alamein Road</p> <p>West Heidelberg</p>	<p>Most Tuesdays during school term. Please check.</p> <p>Time: TBC</p>	<p>Cost: Free</p> <p>Childcare: Limited, can accommodate small babies</p>	<p>Dana Robson</p> <p>Ph: 9450 2000</p>

Groups for Women

Group	Venue	Dates	Other	Contact
<p>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><i>Moving On</i> Sunbury/Cobaw Community Health</p> <p>An empathic, educative and empowering group for women who have experienced /or are experiencing hurtful relationships.</p> <p>This group is open to women who have been hurt by their partners and want to move on, survive and thrive.</p>	Sunbury	May 6 th – June 24 th (TBC)	Cost: Free	Kathy Eather Ph: 9744 9579
<p><i>PAV Group</i> cohealth & City of Yarra</p> <p>Online psychoeducation group focusing on parenting after violence.</p>	Online via Teams	From Tuesday April 20 th for four weeks Time: 10:30am-12.00pm	Cost: Free Childcare: Not available	Tina tina.guido@cohealth.org.au Ph: 0429 919 720
<p><i>Keeping Safe, Strong and Smart</i> DPV Health</p> <p>An art therapy support group for women who experienced family violence. All women are welcome.</p>	<p>Online teams – Tele Health.</p> <p>Address: confidential and to be provided after assessment.</p>	<p>Registration/intake: 3rd May – 10th May</p> <p>Six weeks starting Monday 17th May 2021</p> <p>Time: 11.00am-1.00 pm</p>	<p>Cost: Free</p> <p>Paper, colour pencils are required.</p> <p>Interpreter service: Free</p>	<p>Eugenia – Counselling Team</p> <p>info@dpvhealth.org.au</p> <p>To book an assessment please contact DPV Health intake on 1300 234 263 Option 4</p>

Groups for Women

Group	Venue	Dates	Other	Contact
<p><i>Looking Forward</i> DPV Health</p> <p>An empowerment group for women who are living in, or have left, an abusive or hurtful relationship.</p>	<p>Online teams-Tele Health.</p> <p>Address: confidential and to be provided after assessment.</p>	<p>Registration/intake: 3rd May to 10th May 2021</p> <p>Starts Thursday 20th May 2021.</p> <p>Time: 11 am to 1 pm</p>	<p>Cost: free</p> <p>Paper, colour pencils are required.</p> <p>Interpreter service: Free</p>	<p>Takelar</p> <p>info@dpvhealth.org.au</p> <p>To book an assessment please contact DPV Health intake on 1300 234 263 Option 4</p> <p>Contact: Takelar from the counselling team.</p>
<p><i>Positive Shift</i> Berry Street & Baptcare</p> <p>A healing program for women to explore family safety and viable alternatives to using force in their intimate relationships.</p>	<p>Online</p>	<p>Thursdays</p> <p>22nd April – 19th August (with break for school holidays)</p> <p>Wednesdays 28th April – 25th August</p> <p>Time: TBC</p>	<p>Cost: free</p> <p>Childcare: not available</p>	<p>PositiveShift@berrystreet.org.au</p> <p>Ph: 9450 4700</p>

Groups for Children, Young People and Families

Group	Venue	Dates	Other	Contact
<p>Art & Soul - Mums</p> <p>Anglicare Victoria</p> <p>A one-day school holiday program designed to provide mothers and their children with an introductory experience to Anglicare's 8-week Growing Connections group, while learning and having fun in a supportive group environment. The program will provide a mixture of activities:</p> <ul style="list-style-type: none"> • Indoor & Outdoor • Art based and Creative • Sensory Integrated • Play based 	<p>Anglicare</p> <p>32 Railway Crescent, Broadmeadows</p>	<p>Thursday 8th April</p> <p>10.00am-12.00pm</p>	<p>Cost: Free</p> <p>Childcare: N/A</p>	<p>Zenaida</p> <p>Ph: 9301 5262 or 0447 185 875</p>
<p>Growing Connections</p> <p>Anglicare Victoria</p> <p>Growing Connections aims to strengthen the bond between mothers and their primary school aged children who have experienced family violence by increasing the mother's confidence and skills to nurture and build their relationship post-group. The group involves art, craft, play and movement activities. This is a safe, supportive and fun group for mothers and children to attend together.</p>	<p>Anglicare</p> <p>32 Railway Crescent, Broadmeadows</p>	<p>Wednesdays</p> <p>28 April – 16 June</p> <p>10.00am-12.00pm</p>	<p>Cost: Free</p> <p>Childcare: N/A</p>	<p>Zenaida</p> <p>Ph: 9301 5262 or 0447 185 875</p>

Groups for Children, Young People and Families

Group	Venue	Dates	Other	Contact
<p><i>Nature Connect</i></p> <p>Adventure Works & Collingwood Children's Farm</p> <p>An innovative outdoors program for women and their children who are feeling socially isolated due to family violence. Provides social and nature connection through safe and supportive activities.</p>	Collingwood Children's Farm	<p>Blocks of 5 sessions (1 individual, 3 group and 1 individual)</p> <p>Run on Monday and Tuesday mornings until June 2021.</p>	<p>Free</p> <p>Some groups will be with children and others without. Where children are included pre-schoolers will be included during term and others during hols.</p>	<p>Rachael & Niki Ph: 8547 9551</p> <p>natureconnect@adventureworks.org.au</p>
<p><i>Darebin & Mill Park Koorie Kids Supported Parent Playgroups</i></p> <p>Victorian Aboriginal Child Care Agency (VACCA)</p> <p>Playgroup for children & 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>Mill Park Children's Centre</p>	<p>Tuesdays during school term from 27th April Time: 12.00-2.00pm</p> <p>Fridays during school term from 30th April Time: 12.00-2.00pm</p>	<p>Cost: Free</p>	<p>Tori</p> <p>Ph: 0409 641 571</p> <p>torib@vacca.org</p>
<p><i>Mothers in Mind</i></p> <p>Kids First</p> <p>A play-based therapeutic group program for mothers and children aged 0-5 who have experienced family violence. The group supports mothers to build confidence and connections with their children through shared songs, stories and play.</p>	<p>Jindi Family and Community Centre (TBC)</p> <p>48 Breadalbane Ave Mernda</p>	<p>Tuesdays commencing 27th April for 8 weeks</p> <p>Time: 9.00-11.00am</p>	<p>Cost: Free</p> <p>Childcare: N/A</p>	<p>Liz Palamara</p> <p>lpalamara@kidsfirstaustralia.org.au</p> <p>Ph: 9450 0900</p>

Groups for Children, Young People and Families

Group	Venue	Dates	Other	Contact
<p>Art & Soul - Dads Anglicare Victoria</p> <p>A one-day school holiday program designed to provide fathers and their children with some quality time to have fun in a supportive group environment. The program will provide a mixture of activities that are:</p> <ul style="list-style-type: none"> • Indoor & Outdoor • Art based and Creative • Sensory Integrated • Play based 	<p>Anglicare Broadmeadows 32 Railway Crescent, Broadmeadows</p>	<p>Tuesday 13th April Time: 10.00am-12.00pm</p>	<p>Cost: Free Childcare: N/A</p>	<p>Zenaida Ph: 9301 5262 or 0447 185 875</p>
<p>Let's Play; Let's Play More Playgroups Anglicare Victoria (Broadmeadows Community House) & ReGen</p> <p>Aims to strengthen parenting skills through play for vulnerable families with pre-school children. Run using the Small Talk model.</p>	<p>Cleveland Drive Child and Family Centre 24-26 Cleveland Dr (Cnr Essex Way), Craigieburn</p>	<p>Mondays from 22 Feb Let's Play: 9.00am-10.30am Let's Play More: 11.00am-12.30pm</p>	<p>Cost: Free Bookings essential</p>	<p>Ph: 9301 5250 womenshouse@anglicarevic.org.au</p>
<p>Small Steps; Little Steps Anglicare Victoria & ReGen</p> <p>Aims to slowly build parents' confidence through singing, reading stories and play. Gentle encouragement for vulnerable families using the Small Talk model.</p>	<p>Broadmeadows Community Hub Cnr Widford St and Freda St, Broadmeadows</p>	<p>Tuesdays from 22 Feb Small Steps: 9.15am-10.45am Little Steps: 11.30am-1.00pm</p>	<p>Cost: Free Bookings essential</p>	<p>Ph: 9301 5250 womenshouse@anglicarevic.org.au</p>

Groups for LGBTIQ Community

Group	Venue	Dates	Other	Contact
<p><i>Talking with Pride</i></p> <p>Family Access Network in partnership with Pathways to Resilience</p> <p>A therapeutic support group for LGBTIQ+ young people aged 15-25 who have experienced family violence. The group focuses on therapeutic benefits such as relaxation, mindfulness, peer support, and provides activities such as Art Therapy and psychoeducation.</p> <p>While not held in the northern region, participants in the north are welcome to attend.</p>	<p>Family Access Network</p> <p>1/2-10 Harrow St, Box Hill</p>	<p>Tuesdays</p> <p>Time: 4.00-5.00pm</p>	<p>Cost: Free</p>	<p>Miles Milton</p> <p>MMilton@fan.org.au</p> <p>Ph: 9890 2673</p>
<p><i>Futures Free from Violence</i></p> <p>Drummond Street</p> <p>Twelve-week group for women and gender diverse individuals who have enacted harm in their family and intimate partner relationships.</p>	<p>Carlton</p>	<p>Starts Wednesday 31st March</p> <p>Time: 5.00-7.00pm</p> <p>Referrals for this group accepted until 26th March. Later referrals will be provided individual support until the next group begins.</p>	<p>Cost: Free</p> <p>Childcare: Please discuss with facilitator.</p>	<p>Kerime Abay</p> <p>kerime.abay@ds.org.au</p> <p>Ph: 9663 6733</p>

Groups for LGBTIQ Community

Group	Venue	Dates	Other	Contact
<p><i>ReVisioning – MBCP</i></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 2021</p> <p>Time: 6.00-8.00pm</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></p> <p>Dardi Munwurro</p> <p>Dardi Munwurro offers a Koori Men's Behaviour Change Program with an intensive residential diversion response.</p>	Zoom	<p>Tuesdays: 2.00pm</p> <p>Wednesdays: 11.00am & 4.00pm</p> <p>Thursdays: 7.00pm</p>	Cost: Free	Ph: 1800 435 799
<p><i>Men's Behaviour Change Programs</i></p> <p>Uniting</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.</p>	188 McDonald's Rd Epping	<p>Tuesdays 6.00-8.00pm</p> <p>Thursdays 6.00-8.00pm</p>	<p>Cost: Free</p> <p>Childcare: Not available</p> <p>Participants must contact Uniting to undertake an assessment before attending groups.</p>	Ph: 9051 2600
<p><i>Men's Behaviour Change Programs</i></p> <p>Uniting</p> <p>Arabic Speaking Men</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>	Broadmeadows	<p>Saturdays</p> <p>Time 10.00am-12.00pm</p>	<p>Cost: Free</p> <p>Childcare: Not available</p> <p>Participants must contact Uniting to undertake and assessment before attending groups.</p>	Ph: 9051 2600

Groups for Men

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<p>Men's Behaviour Change Programs</p> <p>Uniting</p> <p>South Asian Men</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>	81 Burgundy St, Heidelberg	Mondays 6.00-8.00pm	<p>Cost: Free</p> <p>Childcare: Not available</p> <p>Participants must contact Uniting to undertake an assessment before attending groups.</p>	Ph: 9051 2600
<p>Men's Behaviour Change Programs</p> <p>Uniting</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.</p>	81 Burgundy St, Heidelberg	<p>Wednesdays 12.45-2.45pm</p> <p>Wednesdays 6.00-8.00pm</p>	<p>Cost: Free</p> <p>Childcare: Not available</p> <p>Participants must contact Uniting to undertake an assessment before attending groups.</p>	Ph: 9051 2600
<p>Men's Behaviour Change Programs</p> <p>Uniting</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.</p>	High St, Reservoir	<p>Mondays 6.00-8.00pm</p> <p>Tuesdays 6.00-8.00pm</p> <p>Wednesdays 6.00-8.00pm</p> <p>Thursdays 6.00-8.00pm</p>	<p>Cost: Free</p> <p>Childcare: Not available</p> <p>Participants must contact Uniting to undertake an assessment before attending groups.</p>	Ph: 9051 2600

Groups for Men

Group	Venue	Dates	Other	Contact
<p>Men's Behaviour Change Programs Uniting</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.</p>	Broadmeadows	Tuesdays 6.00-8.00pm	<p>Cost: Free</p> <p>Childcare: Not available</p> <p>Participants must contact Uniting to undertake an assessment before attending groups.</p>	Ph: 9051 2600
<p>Men's Behaviour Change Program 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>Men's Behaviour Change Program Sunbury Cobaw Community Health</p> <p>A group for men who are wanting to change their abusive and violent behaviour and promote respectful relationships.</p>	<p>Sunbury Cobaw Community Health</p> <p>12-28 Macedon Street, Sunbury</p>	<p>From May 2021</p> <p>Mondays & Wednesdays 6.30-8.30pm</p>	<p>Cost: \$10/session \$200 Total</p> <p>Childcare: Not available</p>	<p>Adam Stefano</p> <p>adam.stefano@scchc.org.au</p> <p>Ph: 9744 9204</p>