



Northern Integrated Family Violence Services

Family Violence Support Groups in the Northern Metropolitan Region

TERM 4, 2021: 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, 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 at info@whin.org.au.

Groups for Women

Group	Venue	Dates	Other	Contact
<p><i>Parenting After Violence</i> cohealth and City of Darebin</p> <p>A five-week psycho-educational group for mothers to understand their family violence experience through the eyes of their child and to assist their recovery.</p>	<p>Online via Microsoft Teams</p>	<p>Wednesdays, 6th October to 3rd November 2021</p> <p>Time: 10.30am to 12 noon</p>	<p>Cost: Free</p> <p>Childcare: Not provided</p>	<p>Tina Guido</p> <p>Email: tina.guido@cohealth.org.au</p> <p>Ph: 0429 919 720</p>
<p><i>Parenting After Violence (PAV)</i> Anglicare Victoria</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 of family violence on her and her children.</p> <p>Some of the topics covered 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 • Surviving as a parent after family violence - practical information, strategies and self-care. 	<p>Online via Zoom</p>	<p>Wednesdays for 4 weeks from 17th of November</p> <p>Time: 10am to 12noon</p>	<p>Cost: Free</p> <p>Childcare: N/A</p>	<p>Keklik and Elmas</p> <p>Phone: 8641 8900</p> <p>Email: Parentzone.Northern@anglicarevic.org.au</p>

Groups for Women

Group	Venue	Dates	Other	Contact
<p><i>Living Well</i></p> <p>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>21 Alamein Road West Heidelberg</p>	<p>Most Tuesdays during school term, when COVID-19 restrictions permit.</p> <p>Time: TBC</p>	<p>Cost: Free</p> <p>Childcare: Limited, can accommodate small babies</p>	<p>Dana Robson Ph: 9450 2000</p>
<p><i>Positive Shift</i></p> <p>Berry Street & Baptcare</p> <p>16-week program, or an 8-week intensive program offered for women who use force or violence in intimate and family relationships.</p>	<p>Group being run on the following online platform:</p> <p>Zoom</p>	<p>Dates: TBC</p> <p>Time: TBC</p>	<p>Cost: Free</p> <p>Childcare: No</p>	<p>Lisa and Kate</p> <p>PositiveShift@berrystreet.org.au</p> <p>Phone: 9450 4700</p>

Groups for Children, Young People and Families

Group	Venue	Dates	Other	Contact
<p><i>Growing Connections</i></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>Term 4 from 13th Oct</p> <p>10.00am-12.00pm</p>	<p>Cost: Free</p> <p>Childcare: N/A</p>	<p>Zenaida</p> <p>Ph: 9301 5262 or</p> <p>0447 185 875</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>TBC</p>	<p>TBC</p>	<p>Cost: Free</p>	<p>Tori</p> <p>Ph: 0409 641 571</p> <p>torib@vacca.org</p>

Groups for Children, Young People and Families

Group	Venue	Dates	Other	Contact
<p><i>Let's Play; Let's Play More Playgroups</i></p> <p>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>Craigieburn</p> <p>Venue TBC in line with restrictions. If not face-to-face, groups will be held online.</p>	<p>Mondays</p> <p>Let's Play: 9.00am-10.30am</p> <p>Let's Play More: 11.00am-12.30pm</p>	<p>Cost: Free</p> <p>Bookings essential</p>	<p>Ph: 9301 5250</p> <p>womenshouse@anglicarevic.org.au</p>
<p><i>Small Steps; Little Steps</i></p> <p>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</p> <p>Venue TBC in line with restrictions. If not face-to-face, groups will be held online.</p>	<p>Tuesdays</p> <p>Small Steps: 9.15am-10.45am</p> <p>Little Steps: 11.30am-1.00pm</p>	<p>Cost: Free</p> <p>Bookings essential</p>	<p>Ph: 9301 5250</p> <p>womenshouse@anglicarevic.org.au</p>
<p><i>Therapeutic Creative Arts Group</i></p> <p>Bright Futures</p> <p>This group is a place for kids who have had some tough times, to have fun, connect with other children, make art and play games. The group will explore topics like, feelings, identity, supports and help children to develop some strategies to cope with strong emotions.</p>	<p>Online via zoom or in person at if restrictions ease at</p> <p>22 Lakeside Drive, Broadmeadows.</p>	<p>Thursdays</p> <p>14 Oct-2 Dec</p> <p>2.30-4.30PM in person or 2.30-3.45PM if online</p>		<p>Referring workers: To obtain a referral form please contact Bess on: 0412478092 or bess@merri.org.au</p> <p>Referrals close 24th September.</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>Therapeutic support group for LGBTIQ+ young people aged 15-25 who have experienced family violence. Young people who are of diverse gender identities and expressions, sexualities, and/or sex characteristics will have the opportunity to create peer connections, build individual wellbeing, and better understand the dynamics of family violence and how they can intersect with homophobia, biphobia, transphobia, and/or intersexphobia.</p> <p>While not held in the northern region, participants in the north are welcome to attend.</p>	TBA	<p>Tuesdays</p> <p>Time: 4.00-5.00pm</p>	Cost: Free	<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>	TBA	TBC	<p>Cost: Free</p> <p>Childcare: Please discuss with facilitator.</p>	<p>Kelsey Hanna</p> <p>kelsey.hanna@ds.org.au</p> <p>Ph: 9663 6733</p>

Groups for LGBTIQ Community

Group	Venue	Dates	Other	Contact
<p><i>ReVisioning – MBCP</i> Thorne Harbour Health 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 except public holidays</p> <p>Time: 6.00-8.00pm</p>	<p>Cost: Free</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>Men's Behaviour Change for men who have used violent, controlling and coercive behaviours toward their (past) partner.</p>	188 McDonald's Rd Epping	<p>Tuesdays 6.00-8.00pm</p> <p>Thursdays (father's only) 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>	<p>Tina Mendico</p> <p>Tina.Mendico@vt.uniting.org</p> <p>Ph: 9051 2600</p>
<p><i>Men's Behaviour Change Programs</i></p> <p>Uniting</p> <p>Arabic Speaking Men</p> <p>Men's Behaviour Change for Arabic-speaking men who have used violent, controlling and coercive behaviours toward their (past) partner.</p>	413-419 Camp Rd, 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>	<p>Tina Mendico</p> <p>Tina.Mendico@vt.uniting.org</p> <p>Ph: 9051 2600</p>

Groups for Men

Group	Venue	Dates	Other	Contact
<p>Men's Behaviour Change Programs</p> <p>Uniting</p> <p>South Asian Men</p> <p>Men's Behaviour Change for men from a South Asian background who have used violent, controlling and coercive behaviours toward their (past) partner.</p>	Level 1, Suite 116, 40 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>	<p>Tina Mendico</p> <p>Tina.Mendico@vt.uniting.org</p> <p>Ph: 9051 2600</p>
<p>Men's Behaviour Change Programs</p> <p>Uniting</p> <p>Men's Behaviour Change for men who have used violent, controlling and coercive behaviours toward their (past) partner.</p>	Level 1, Suite 116, 40 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>	<p>Tina Mendico</p> <p>Tina.Mendico@vt.uniting.org</p> <p>Ph: 9051 2600</p>
<p>Men's Behaviour Change Programs</p> <p>Uniting</p> <p>Men's Behaviour Change for men who have used violent, controlling and coercive behaviours toward their (past) partner.</p>	648 High St, Reservoir	<p>Mondays (fathers only) 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>	<p>Tina Mendico</p> <p>Tina.Mendico@vt.uniting.org</p> <p>Ph: 9051 2600</p>

Groups for Men

Group	Venue	Dates	Other	Contact
<p><i>Men's Behaviour Change Programs</i> Uniting Men's Behaviour Change for men who have used violent, controlling and coercive behaviours toward their (past) partner.</p>	Broadmeadows	Tuesdays 6.00-8.00pm	Cost: Free Childcare: Not available Participants must contact Uniting to undertake an assessment before attending groups.	Tina Mendico Tina.Mendico@vt.uniting.org Ph: 9051 2600
<p><i>Men's Behaviour Change Programs</i> Uniting Men's Behaviour Change for men who have used violent, controlling and coercive behaviours toward their (past) partner.</p>	Online via Zoom	Wednesdays 6.00-7.45pm	Cost: Free Childcare: Not available Participants must contact Uniting to undertake an assessment before attending groups.	Tina Mendico Tina.Mendico@vt.uniting.org Ph: 9051 2600

Groups for Men

Group	Venue	Dates	Other	Contact
<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	DPV Health Intake Service Ph: 9409 8787
<p><i>Men's Behaviour Change Program</i> 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>	Sunbury	Late November	Cost: \$10/session \$200 Total Childcare: Not available New participants can book in now.	Workers can contact Jarryd at jarrydp@scchc.org.au or participants can ring on Ph: 9744 4455