



## Northern Integrated Family Violence Services

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

#### TERM 4, 2022: October-December

Each school term, the Northern Integrated Family Violence Services (NIFVS) partnership 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, 2022.**

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 Robin Gregory, Communications and Project Officer at Women's Health In the North: [robing@whin.org.au](mailto:robing@whin.org.au).

## Groups for Women

Group	Venue	Dates	Other	Contact
<p><b><i>Vietnamese Recovery Group</i></b>  <b>inTouch, Australian Vietnamese Women's Association, and City of Yarra</b></p> <p>Recovery group that is inLanguage, inCulture, with Vietnamese speaking agencies and staff.</p>	<p>North Richmond Community Health (TBC)</p> <p>23 Lennox St, Richmond</p>	<p>Fridays</p> <p>11, 18, 25 Nov &amp; 2 Dec</p> <p>Time: 10.00am-2.00pm</p>	<p>Cost: Free</p> <p>Childcare: Either onsite or in discussion at intake</p> <p>Lunch is provided</p>	<p>Michelle Nguyen</p> <p><a href="mailto:michellen@intouch.org.au">michellen@intouch.org.au</a></p>
<p><b><i>Looking Forward</i></b>  <b>Anglicare Victoria</b></p> <p>A seven-week empowerment group for women who are experiencing, or have experienced, a hurtful or abusive relationship.</p>	<p>Broadmeadows</p>	<p>Wednesdays</p> <p>26 Oct – 7 Dec</p> <p>Time: 10.00am-12:30pm</p>	<p>Cost: Free</p> <p>Childcare: Not provided</p>	<p>Keklik or Kudzi</p> <p>Ph: 8641 8900</p>
<p><b><i>The Healing Circle</i></b>  <b>N-HARP Kids First Australia</b></p> <p>A 6-week creative art therapy program for women who are recovering from family violence.</p> <p>No artistic skills required. The program offers an opportunity to:</p> <ul style="list-style-type: none"> <li>• Connect and share with women who have been through similar experience</li> <li>• Build and strengthen a sense of safety</li> <li>• Establish ways to stabilise and regulate emotions.</li> </ul>	<p>Thomastown</p>	<p>Fridays</p> <p>28 Oct – 2 Dec</p> <p>Time: 10.00am-12.00pm</p>	<p>Free</p> <p>All art materials provided as well as refreshments</p>	<p>Sonia</p> <p><a href="mailto:kidsfirstnharpgroups@kidsfirstaustralia.org.au">kidsfirstnharpgroups@kidsfirstaustralia.org.au</a></p> <p>Ph: 9450 0982</p>

## Groups for Women

Group	Venue	Dates	Other	Contact
<p><b><i>Mothers In Mind (MiM)</i></b>  <b>Northern Healing and Recovery Program (N-HARP)</b></p> <p>MiM is a therapeutic group program for mothers and their children aged 5 years and under who have experienced family violence.</p> <p>This group aims to build parenting confidence and connections between mothers and children through shared songs, stories and play, while also providing an opportunity to get to know other mothers.</p>	<p>273 Settlement Rd, Thomastown</p>	<p>Wednesdays from 26 Oct                      Time: 9.30-11.30am</p>	<p>Cost: Free                      Childcare: N/A</p>	<p>Ally Austin  <a href="mailto:KidsFirstNHARPGroups@kidsfirstaustralia.org.au">KidsFirstNHARPGroups@kidsfirstaustralia.org.au</a>                      Ph: 9450 0938</p>
<p><b><i>Living Well</i></b>  <b>Banyule Community Health</b></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 Road, Heidelberg West</p>	<p>Tuesdays                      Time: 10.00am-12.00pm</p>	<p>Cost: Free</p>	<p>Dana Robson                      Ph: 9450 2610 or text 0437 941 367 for a call back</p>

## Groups for Women

Group	Venue	Dates	Other	Contact
<p><b>Parenting After Violence</b> <b>cohealth</b></p> <p>For mothers dealing with the effects of family violence. Topics include understanding family violence and the impacts on children.</p>	<p>Hybrid model: Collingwood for two face-to-face sessions and the rest will be online</p>	<p>Fridays Starts 21 Oct for 5 weeks Time: 10.30am-12.00pm</p>	<p>Cost: Free</p>	<p>Tamsin: 0437 911 384 Nicole: 9448 5648 Tina: 0429 919 720</p>
<p><b>Regenerate Program and Nature Connect program</b> <b>Adventure Works Australia</b></p> <p>Women can attend the farm (with young children or not) to meet other women and any children, with the choice of social time and the possibility of undertaking some volunteer tasks at the farm. While the group is no longer facilitated, there are peer volunteers who will be present at the farm and the farm staff also know of the group and greet the group each week.</p>	<p>Collingwood Children's farm</p>	<p>Wednesdays 10.00am-12.00pm</p>		<p><a href="https://adventureworks.org.au/natureconnect/">https://adventureworks.org.au/natureconnect/</a></p>
<p><b>Positive Shift</b> <b>Berry Street</b></p> <p>+SHIFT (Support and Healing leads to Innovative Forward Thinking) is a voluntary therapeutic groupwork program, which delivers 16 sessions. It is aimed at supporting women who have had complex experiences of family violence and who may have had experiences of using force in their relationships.</p>	<p>Zoom &amp; face-to-face sessions</p> <p>677 The Boulevard, Eaglemont</p>	<p>Thursdays Time: 10.30am-12.30pm TBC</p>	<p>Cost: Free Childcare: No</p>	<p>Kate Austin &amp; Lauren McAsey, Facilitators Sarah Almonte, Manager <a href="mailto:PositiveShift@berrystreet.org.au">PositiveShift@berrystreet.org.au</a> Ph: 9450 4700</p>

## Groups for Children, Young People and Families

Group	Venue	Dates	Other	Contact
<p><b>Momentum</b></p> <p><b>NHARP Kids First Australia</b></p> <p>For teenagers, providing a place to explore themes of connection, safety, shared stories and healing.</p> <p>At the start each session, the group will come together to have afternoon snacks. After that members will explore a different theme using art and other activities.</p>	<p>Headspace Greensborough</p> <p>1/78 Main Street Greensborough</p>	<p>Wednesdays</p> <p>9 Nov – 14 Dec</p> <p>Time: 4.00-5.30pm</p>	<p>Cost: Free</p> <p>Childcare: N/A</p>	<p>Ally Austin</p> <p>Ph: 9450 0900</p> <p><a href="mailto:kidsfirstnharpgroups@kidsfirstaustralia.org.au">kidsfirstnharpgroups@kidsfirstaustralia.org.au</a></p>
<p><b>Connections</b></p> <p><b>NHARP Kids First Australia</b></p> <p>A group program to support families to heal from the impacts of family violence. It is open to mothers of children of all ages to connect in a safe &amp; welcoming space.</p> <p>Sessions explore how family violence impacts relationships, parenting &amp; well-being &amp; how to build confidence and strengthen connections between mothers and their children to support recovery.</p>	<p>273 Settlement Rd Thomastown</p>	<p>Thursdays</p> <p>Starts 20 Oct for 8 weeks</p> <p>Time: 10.00am-12.00pm</p>	<p>Cost: Free</p> <p>Childcare: N/A</p>	<p>Ally Austin</p> <p>Ph: 9450 0900</p> <p><a href="mailto:kidsfirstnharpgroups@kidsfirstaustralia.org.au">kidsfirstnharpgroups@kidsfirstaustralia.org.au</a></p>

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Group	Venue	Dates	Other	Contact
<p><b><i>Koorie Kids Playgroups</i></b></p> <p><b>Victorian Aboriginal Child Care Agency (VACCA)</b></p> <p>Culturally safe, fun and empowering playgroup for families with children under 5 years 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>Carrington Children's Centre, Thomastown</p> <p>Jindi Family and Community Centre, 48 Breadalbane Ave, Mernda</p>	<p>Tuesdays 12:00-2:00pm</p> <p>Wednesdays 12:00-2:00pm</p> <p>Fridays 12.00-2.00pm</p>	<p>Cost: Free</p> <p>Runs during school terms</p>	<p>Tori</p> <p>Ph: 0409 641 571</p> <p><a href="mailto:torib@vacca.org">torib@vacca.org</a></p>
<p><b><i>Let's Play; Let's Play More Playgroups</i></b></p> <p><b>Anglicare Victoria (Broadmeadows Community House) &amp; ReGen</b></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>Mondays 10 Oct – 5 Dec</p> <p>Let's Play: 9.00-10.30am</p> <p>Let's Play More: 11.30am-1.00pm</p>	<p>Cost: Free</p> <p>Bookings essential</p>	<p>Ph: 9301 5250</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 (Broadmeadows Community House) &amp; ReGen</b></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>Tuesdays 11 Oct – 6 Dec</p> <p>Small Steps: 9.00-10.30am</p> <p>Little Steps: 11.30am-1.00pm</p>	<p>Cost: Free</p> <p>Bookings essential</p>	<p>Ph: 9301 5250</p> <p><a href="mailto:womenshouse@anglicarevic.org.au">womenshouse@anglicarevic.org.au</a></p>

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<p><b><i>Growing Connections</i></b> <b><i>Anglicare Broadmeadows</i></b></p> <p>An 8-week group aimed at nurturing and healing the relationship between mothers and children (aged 5-12) who are survivors of family violence. The group aims to strengthen the bond between mothers and children who have experienced family violence.</p> <p>Activities include:</p> <ul style="list-style-type: none"> <li>• Art and craft</li> <li>• Play</li> <li>• Movement</li> </ul>	Anglicare Broadmeadows	<p>Tuesdays</p> <p>11 Oct – 6 Nov</p> <p>Time: 10am-12.00pm</p>	<p>Cost: Free</p> <p>Possible child-minding available upon discussion.</p> <p>Bookings essential</p>	<p>Amelia Glass (Growing Connections Coordinator)</p> <p><a href="mailto:Amelia.glass@anglicarevic.gov.au">Amelia.glass@anglicarevic.gov.au</a></p> <p>Ph: 0447 185 875</p>
<p><b><i>Dad's BBQ and Activities Day</i></b> <b><i>Anglicare Broadmeadows</i></b></p> <p>A Free school holiday program for fathers and their children up to the ages of 12 years old.</p> <p>Activities include:</p> <ul style="list-style-type: none"> <li>• Play</li> <li>• Movement</li> <li>• Art Based Activities</li> <li>• Quality Time.</li> </ul>	Anglicare Broadmeadows	<p>Thursday 29 Sep</p> <p>Time: 11.00am-1.30pm</p>	<p>Cost: Free</p> <p>Bookings Essential</p>	<p>Amelia Glass (Growing Connections Coordinator)</p> <p><a href="mailto:Amelia.glass@anglicarevic.gov.au">Amelia.glass@anglicarevic.gov.au</a></p> <p>Ph: 0447 185 875</p>

## Groups for LGBTIQ+ Community

Group	Venue	Dates	Other	Contact
<p><b><i>Talking with Pride</i></b></p> <p><b>Family Access Network in partnership with Pathways to Resilience</b></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: 3.30-5.00pm</p>	<p>Cost: Free</p> <p>Participants will need to complete an intake process before attending.</p>	<p>Jess</p> <p>Ph: 9890 2673</p> <p><a href="mailto:fan@fan.org.au">fan@fan.org.au</a></p>
<p><b><i>Futures Free from Violence</i></b></p> <p><b>Drummond Street</b></p> <p>This program offers women, trans, and gender diverse people who have used force and/or violence in family and intimate partner relationships the opportunity to work towards change in both a supported group and one-to-one therapeutic environment.</p>	TBA	Starting November	Cost: Free	<p>Elliot</p> <p>Ph: 9663 6733</p> <p><a href="mailto:ffv@ds.org.au">ffv@ds.org.au</a></p>



## Groups for LGBTIQ+ Community

Group	Venue	Dates	Other	Contact
<p><b>ReVisioning – MBCP</b>  <b>Thorne Harbour Health</b></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 2022 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><a href="mailto:revisioning@thorneharbour.org">revisioning@thorneharbour.org</a></p>
<p><b>Clear Space</b>  <b>Thorne Harbour Health</b></p> <p>A MBCP for gay, bi, trans and queer men who are looking to change their use of violence in their relationships. Non-binary and gender non-conforming participants who feel this group might be right for them are welcome.</p> <p>The group will support participants to discuss the impacts of their behaviour on themselves, partners and others. Participants will look at ways to make the changes needed, to have the kinds of relationships they want. The focus will be on honesty, responsibility and support for making change.</p>	<p>Online via Zoom</p>	<p>Wednesdays</p> <p>Time: 6.00-7:30pm</p>	<p>Clear Space is a 20-week behaviour change program.</p>	<p>Ph: 9865 6700</p> <p><a href="mailto:clearspace@thorneharbour.org">clearspace@thorneharbour.org</a></p>

## Groups for Men

Group	Venue	Dates	Other	Contact
<p><b><i>Koori Men's Behaviour Change Program</i></b></p> <p><b>Dardi Munwurro</b></p> <p>Dardi Munwurro offers a Koori Men's Behaviour Change Program with an intensive residential diversion response.</p>	<p>Zoom</p> <p>556 High St Preston</p>	<p>Thursdays: 7.00-8.30pm</p> <p>Mondays: 6.30-8.30 5.30-6.00pm dinner beforehand</p>	<p>Cost: Free</p>	<p>Ph: 1800 435 799</p>
<p><b><i>Caring Dads</i></b></p> <p><b>Kids First</b></p> <p>A family violence/behaviour change program for fathers.</p>	<p>Uniting</p> <p>349 Bell Street Preston</p>	<p>TBA</p> <p>Thursdays for 17 weeks</p> <p>Time: 6-8pm</p>		<p>Ph: 9459 0900</p> <p><a href="mailto:intake@kidsfirstaustralia.org.au">intake@kidsfirstaustralia.org.au</a></p>
<p><b><i>Men's Behaviour Change Programs</i></b></p> <p><b>Uniting</b></p> <p>Men's Behaviour Change for men who have used violent, controlling and coercive behaviours toward their (past) partner.</p>	<p>188 McDonald's Rd Epping</p>	<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>Ph: 9051 2600</p> <p><a href="mailto:Tina.Mendico@vt.uniting.org">Tina.Mendico@vt.uniting.org</a></p>

## Groups for Men

Group	Venue	Dates	Other	Contact
<p><b>Men's Behaviour Change Programs</b></p> <p><b>Uniting</b></p> <p><b>Arabic Speaking Men</b></p> <p>Men's Behaviour Change for Arabic-speaking men who have used violent, controlling and coercive behaviours toward their (past) partner.</p>	<p>413-419 Camp Rd Broadmeadows</p>	<p>Saturdays 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 Ph: 9051 2600</p> <p><a href="mailto:Tina.Mendico@vt.uniting.org">Tina.Mendico@vt.uniting.org</a></p>
<p><b>Men's Behaviour Change Programs</b></p> <p><b>Uniting</b></p> <p><b>South Asian Men</b></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>	<p>Online</p>	<p>Mondays 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 Ph: 9051 2600</p> <p><a href="mailto:Tina.Mendico@vt.uniting.org">Tina.Mendico@vt.uniting.org</a></p>
<p><b>Men's Behaviour Change Programs</b></p> <p><b>Uniting</b></p> <p>Men's Behaviour Change for men who have used violent, controlling and coercive behaviours toward their (past) partner.</p>	<p>Level 1 Suite 116 40 Burgundy St Heidelberg</p>	<p>Wednesdays 12.30-2.30pm</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 Ph: 9051 2600</p> <p><a href="mailto:Tina.Mendico@vt.uniting.org">Tina.Mendico@vt.uniting.org</a></p>

## Groups for Men

Group	Venue	Dates	Other	Contact
<p><b><i>Men's Behaviour Change Programs</i></b>  <b>Uniting</b></p> <p>Men's Behaviour Change for men who have used violent, controlling and coercive behaviours toward their (past) partner.</p>	<p>648 High St Reservoir</p>	<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 Ph: 9051 2600</p> <p><a href="mailto:Tina.Mendico@vt.uniting.org">Tina.Mendico@vt.uniting.org</a></p>
<p><b><i>Men's Behaviour Change Programs</i></b>  <b>Uniting</b></p> <p>Men's Behaviour Change for men who have used violent, controlling and coercive behaviours toward their (past) partner.</p>	<p>Online via Zoom</p>	<p>Tuesdays 6.00-8.00pm</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 Ph: 9051 2600</p> <p><a href="mailto:Tina.Mendico@vt.uniting.org">Tina.Mendico@vt.uniting.org</a></p>

## Groups for Men

Group	Venue	Dates	Other	Contact
<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>	Call for details	Call for details	Childcare: Not available	DPV Health Intake Service Ph: 9409 8787
<p><b><i>Men's Behaviour Change Program</i></b>  <b>Sunbury Cobaw Community Health Centre</b></p> <p>Description of Group: A 20-session group program for men who have used family violence and wish to make changes around this behaviour</p>	Sunbury site  12-28 Macedon Street, Sunbury	Starts Wed 2 November  Time: 6:30pm to 8:30pm	Cost: \$200 in total  Childcare: N/A	Ashtyn Vella, Team Leader <a href="mailto:ashtyn.vella@scchc.org.au">ashtyn.vella@scchc.org.au</a>  Ph: 9744 4455- Intake