



Northern Integrated Family Violence Services

Family Violence Support Groups in the Northern Metropolitan Region

TERM 1, 2023: February-April

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 1, 2023.

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: robimg@whin.org.au.

Groups for Women

Group	Venue	Dates	Other	Contact
<p><i>Parenting After Violence (PAV)</i> <i>Anglicare Victoria</i></p> <p>Aimed at women dealing with parenting their children after family violence, and the effects of family violence on her and her children.</p> <p>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; • Surviving as a parent after family violence - practical information, strategies and self-care. 	Lalor area	<p>Wednesdays</p> <p>8- 29 March (four sessions)</p> <p>Time: 10.00am-12.30pm</p>	<p>Cost: Free</p> <p>Childcare: Limited spaces available</p>	<p>Frankie or Keklik</p> <p>Ph: 8470 9999</p>
<p><i>The Healing Circle</i> N-HARP Kids First Australia</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"> • Connect and share with women who have been through similar experience • Build and strengthen a sense of safety • Establish ways to stabilise and regulate emotions. 	TBA	TBA	<p>Free</p> <p>All art materials provided as well as refreshments</p>	<p>Sonia</p> <p>kidsfirstnhargroups@kidsfirstaustralia.org.au</p> <p>Ph: 9450 0982</p>

Groups for Women

Group	Venue	Dates	Other	Contact
<p>Chinese Recovery Group inTouch & Chinese Community Social Services Centre</p> <p>Art Therapy group delivered inLanguage, inCulture, with additional information provided by Centrelink and inTouch Legal Team.</p>	<p>Fairfield Community Room</p> <p>121 Station St Fairfield</p>	<p>Wednesdays</p> <p>12, 22, 29 March & 5 April</p> <p>Time: 11.00am-2.30pm</p>	<p>Cost: Free</p> <p>Lunch provided</p> <p>Childcare: Not available</p>	<p>To refer a Chinese client, contact Sherry.</p> <p>Ph: 0438 042 890</p>
<p>Living Well Banyule Community Health</p> <p>This group recognises the strengths and values of individuals. It is a supportive group where women are encouraged to believe in themselves and can share their experiences if they wish in a safe supportive environment.</p> <p>Creative opportunities for expression are offered. Guest speakers, a focus on self-care and opportunities for action are sought to promote equity and equality for women.</p>	<p>Banyule Community Health (BCHS)</p> <p>21 Alamein Road, Heidelberg West</p>	<p>Tuesdays</p> <p>Time: 10.00am-12.30pm</p> <p>Participants may leave before 12.00pm should they have other engagements.</p>	<p>Cost: Free</p> <p>Childcare: Limited capacity for small children</p> <p>Tea and coffee provided</p>	<p>Dana Robson</p> <p>Ph: 9450 2610</p> <p>Or BCHS Intake (Service Access)</p> <p>Ph: 9450 2000</p>
<p>Regenerate Program and Nature Connect program Adventure Works Australia</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</p>	<p>Collingwood Children's farm</p>	<p>Wednesdays</p> <p>10.00am-12.00pm</p>		<p>Participants need to join WhatsApp group to find out more. Link available on following website: https://adventureworks.org.au/natureconnect/</p>

Groups for Women

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<p>be present at the farm and the farm staff also know of the group and greet the group each week.</p>				
<p>Positive Shift Berry Street</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 & face-to-face sessions</p> <p>677 The Boulevard, Eaglemont</p>	<p>Tuesdays</p> <p>Time: 10.30am-12.30pm</p> <p>TBC</p>	<p>Cost: Free</p> <p>Childcare: Not available</p>	<p>Kate Austin & Lauren McAsey, Facilitators</p> <p>Sarah Almonte, Manager</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><i>Sing and Grow</i> <i>Music therapy group</i> cohealth and Sing and Grow Australia</p> <p>Music group for parents/carers and children 0-5 years to participate in fun and interactive music sessions to build attachment, support children's development, learn the importance of play, build parenting and communication skills and the chance to make new friends.</p>	<p>Play room North Melbourne Community Centre, 49-53 Buncle Street, North Melbourne</p>	<p>Thursdays, Feb 16th to 6th April 2023 (for 8 weeks)</p> <p>Time: 1.30pm-2.30pm</p>	<p>Cost: Free Childcare: N/A</p>	<p>Hasnat Jahan hasnat.jahan@cohealth.org.au Ph: 0428164094</p>
<p><i>Mothers In Mind (MiM)</i> Northern Healing and Recovery Program (N-HARP)</p> <p>Therapeutic group program for mothers and their children aged 5 years and under who have experienced family violence.</p> <p>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>TBA</p>	<p>TBA</p>	<p>Cost: Free Childcare: N/A</p>	<p>Ally Austin KidsFirstNHARPGroups@kidsfirstaustralia.org.au Ph: 9450 0900</p>
<p><i>Momentum</i> NHARP Kids First Australia</p> <p>For teenagers, providing a place to explore</p>	<p>TBA</p>	<p>TBA</p>	<p>Cost: Free Childcare: N/A</p>	<p>Ph: 9450 0900 kidsfirstnharpgroups@kidsfirstaustralia.org.au</p>

Groups for Children, Young People and Families

Group	Venue	Dates	Other	Contact
<p>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>Connections</p> <p>NHARP Kids First Australia</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 & welcoming space.</p> <p>Sessions explore how family violence impacts relationships, parenting and well-being, and how to build confidence and strengthen connections between mothers and their children to support recovery.</p>	TBA	TBA	<p>Cost: Free</p> <p>Childcare: N/A</p>	<p>Ally Austin</p> <p>Ph: 9450 0900</p> <p>kidsfirstnharpgroups@kidsfirstaustralia.org.au</p>
<p>Koorie Kids Playgroups</p> <p>Victorian Aboriginal Child Care Agency (VACCA)</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>torib@vacca.org</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: 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>fan@fan.org.au</p>
<p><i>Futures Free from Violence</i></p> <p>Drummond Street</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	TBA	<p>Cost: Free</p>	<p>Elliot</p> <p>Ph: 9663 6733</p> <p>ffv@ds.org.au</p>

Groups for LGBTIQ+ Community

Group	Venue	Dates	Other	Contact
<p><i>ReVisioning</i></p> <p>Thorne Harbour Health</p> <p>A Men's Behaviour Change Program for gay, bisexual, transgender and queer men who want to work on changing their use of violent behaviour in relationships.</p> <p>Revisoning is a state-wide program.</p>	<p>Online (Zoom)</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>revisoning@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>	<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><i>Caring Dads</i></p> <p>Kids First</p> <p>A program to help fathers who have used violence, to improve and repair their relationships with their children. Caring Dads supports child-centred parenting practices and a reduction in controlling, abusive and neglectful parenting to enhance the safety and wellbeing of children.</p>	<p>TBA</p>	<p>Starting March</p> <p>Tuesdays or Thursdays (subject to change) for 17 weeks</p> <p>Time: 6-8pm</p>		<p>Ph: 9459 0900</p> <p>intake@kidsfirstaustralia.org.au</p>
<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>	<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>Tina.Mendico@vt.uniting.org</p>

Groups for Men

Group	Venue	Dates	Other	Contact
<p><i>Men's Behaviour Change Programs</i> Uniting 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 10.00am-12.00pm</p> <p>Tuesdays 6.00-8.00pm</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>Tina.Mendico@vt.uniting.org</p>
<p><i>Men's Behaviour Change Programs</i> Uniting</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>	Online	<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>Tina.Mendico@vt.uniting.org</p>
<p><i>Men's Behaviour Change Programs</i> 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 12.30-2.30pm</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>Tina.Mendico@vt.uniting.org</p>

Groups for Men

Group	Venue	Dates	Other	Contact
<p><i>Men's Behaviour Change Programs</i> 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 Ph: 9051 2600</p> <p>Tina.Mendico@vt.uniting.org</p>
<p><i>Men's Behaviour Change Programs</i> Uniting</p> <p>Men's Behaviour Change for men who have used violent, controlling and coercive behaviours toward their (past) partner.</p>	Online via Zoom	<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>Tina.Mendico@vt.uniting.org</p>

Groups for Men

Group	Venue	Dates	Other	Contact
<p><i>Men's Behaviour Change Program</i> DPV Health</p> <p>The 20 week 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. 	230 Cooper Street, Epping	<p>Mondays 6.00-8.00pm</p> <p>Tuesdays 6.00-8.00pm</p> <p>Wednesdays 11.00am-1.00pm</p> <p>Thursdays 6:30-8:30pm</p>	Childcare: Not available	MBCP Intake Coordinator Ph: 8401 1307 m: 0407179985
<p><i>Men's Behaviour Change Program</i> Sunbury Cobaw Community Health Centre</p> <p>Description of Group: A 20-week program for men who have identified using family violence.</p>	<p>Sunbury site</p> <p>12-28 Macedon Street, Sunbury</p>	<p>Tues 28 March – 15 Aug</p> <p>Time: 6:30pm to 8:30pm</p>	<p>Cost: \$200 in total</p> <p>Childcare: N/A</p>	<p>Call Intake on 9744 4455</p> <p>For further details contact Jarryd Pantazis</p> <p>Mob: 0419 738 504</p>