



Northern Integrated Family Violence Services

Family Violence Support Groups in the Northern Metropolitan Region

TERM 2, 2023: April - June

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 2, 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: robing@whin.org.au.

Groups for Women				
Group	Venue	Dates	Other	Contact
<i>Connections</i> NHARP Kids First An 8-week group program for mothers to support families to heal from the impacts of family violence. <i>The sessions will include discussions and activities to explore how family violence impacts relationships, parenting and wellbeing.</i>	Kids First 273 Settlement Rd Thomastown	Starts Thursday 4 May 9.30-11.30am	Cost: Free	nharp@kidsfirstaustralis.org.au
<i>Taking Care of Yourself after a harmful relationship</i> healthAbility A therapeutic group for women, who have previously been in a relationship with someone who has hurt, frightened or controlled them.	healthAbility 917 Main Rd Eltham	Tuesdays 9 May – 6 June 10.30am-12.30pm	Cost: Free	Ph: 9430 9100
<i>The Healing Circle</i> NHARP Kids First A 6-week creative art based therapeutic program for women who are recovering from family violence. The group focuses on building and strengthening a sense of safety: establishing ways to stabilise and regulate emotions and reclaim identity and sense of self.	Kids First Child & Family Centre 70 Altona St Heidelberg West	Thursdays 11 May-15 June 10.00am-12.00pm	Cost: Free	nharp@kidsfirstaustralis.org.au

Groups for Women				
Group	Venue	Dates	Other	Contact
<p><i>Health and Wellbeing for Women</i></p> <p>Merri-bek City Council and partners</p> <p>This seven-week program for women includes the following topics:</p> <ul style="list-style-type: none"> • Healthy vs unhealthy relationships • Power and control tactics • Protections from family violence • Self-care. 	<p>Glenroy Library, Community Hub</p> <p>50 Wheatsheaf Rd, Glenroy</p>	<p>Thursdays</p> <p>4 May – 22 June</p> <p>11.00am-1.00pm</p>	<p>Registrations essential.</p> <p>Lunch provided.</p> <p>Contact for interpreting requirements.</p>	<p>Email: libraryevents@merri-bek.vic.gov.au</p> <p>SMS/phone: 0436 320 195</p>
<p><i>Women Standing Strong</i></p> <p>Your Community Health</p> <p>An eight-week confidential support group for women who have experienced hurtful or abusive behaviour in intimate relationships with men.</p>	<p>Northcote</p>	<p>Wednesdays</p> <p>3 May – 21 June</p> <p>10am-12.00 noon</p>	<p>Cost: Free</p> <p>Childcare: Options available</p>	<p>Cassia or Madeleine</p> <p>Email: cassia.kelsall@yourch.org.au</p> <p>Ph: 8470 1804 or 8458 6728</p>
<p><i>Taking Care of Yourself after a Harmful Relationship</i></p> <p>healthAbility</p> <p>A therapeutic group for women, who have previously been in a relationship with someone who has hurt, frightened or controlled them. These sessions will help women:</p> <ul style="list-style-type: none"> • Understand why they need to take care of themselves after leaving a harmful relationship 	<p>healthAbility</p> <p>917 Main Road Eltham</p>	<p>Tuesdays</p> <p>2 May – 6 June</p> <p>10.30am-12.30pm</p>	<p>Cost: Free</p> <p>Childcare: Not available</p>	<p>Vasundhara Kulkarni</p> <p>Email: contact@healthability.org.au</p> <p>Ph: 9430 9100</p>

Groups for Women				
Group	Venue	Dates	Other	Contact
<ul style="list-style-type: none"> Explore ways to take care of themselves Practice self-care strategies including stress management and relaxation. 				
<p><i>Living Well</i></p> <p>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>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><i>Regenerate Program and Nature Connect program</i></p> <p>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 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</p> <p>10.00am-12.00pm</p>		<p>Participants need to join WhatsApp group to find out more. Link available on following website:</p> <p>https://adventureworks.org.au/natureconnect/</p>

Groups for Women				
Group	Venue	Dates	Other	Contact
<p><i>Positive Shift</i> 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 10.30am-12.30pm</p>	<p>Cost: Free Childcare: Not available</p>	<p>Kate Austin & Lauren McAsey, Facilitators Sarah Almonte, Manager PositiveShift@berrystreet.org.au Ph: 9450 4700</p>

Groups for Children, Young People and Families

Group	Venue	Dates	Other	Contact
<p>Koorie Kids Playgroups</p> <p>Victorian Aboriginal Child Care Agency (VACCA)</p> <p>Culturally safe, fund 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>Keon Park Children's Hub Reservoir</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>torib@vacca.org</p> <p>Ph: 0409 641 571</p>
<p>Momentum</p> <p>NHARP Kids First</p> <p>A 6-week group for teenagers (12-17) who have experienced family violence. The group provides a safe place to explore themes of connection, safety, sharing stories and healing. Sessions will include exploring different themes using art and other activities.</p>	<p>Kids First</p> <p>273 Settlement Rd</p> <p>Thomastown</p>	<p>Wednesdays</p> <p>10 May-14 June</p> <p>4.00-6.00pm</p>	<p>Cost: Free</p> <p>All materials and snacks included.</p>	<p>nharp@kidsfirstaustralia.org.au</p>
<p>Mothers in Mind</p> <p>NHARP Kids First</p> <p>A therapeutic group program for mothers and their children aged 5 years and under who have experienced family violence. The group aims to build parenting confidence and connections between mothers and children through shared songs, stories and play.</p>	<p>Kids First Child & Family Centre</p> <p>70 Altona St</p> <p>Heidelberg West</p>	<p>Tuesdays</p> <p>2 May-20 June</p> <p>9.30-11.30am</p>	<p>Cost: Free</p>	<p>nharp@kidsfirstaustralia.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>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>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>fan@fan.org.au</p> <p>Ph: 9890 2673</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>ffv@ds.org.au</p> <p>Ph: 9663 6733</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>Revisioning is a state-wide program.</p>	Online (Zoom)	<p>Every Tuesday during 2023 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>revisioning@thorneharbour.org</p> <p>Ph: 9865 6700</p>

Groups for Men				
Group	Venue	Dates	Other	Contact
<i>Koori Men's Behaviour Change Program</i> Dardi Munwurro Dardi Munwurro offers a Koori Men's Behaviour Change Program with an intensive residential diversion response.	Zoom 556 High St Preston	Thursdays: 7.00-8.30pm Mondays: 6.30-8.30 5.30-6.00pm dinner beforehand	Cost: Free	Ph: 1800 435 799
<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.	188 McDonald's Rd Epping	Tuesdays 6.00-8.00pm Thursdays (father's only) 6.00-8.00pm	Cost: Free Childcare: Not available Participants must contact Uniting to undertake an assessment before attending groups.	Tina Mendico Ph: 9051 2600 Tina.Mendico@vt.uniting.org
<i>Men's Behaviour Change Programs</i> Uniting Men's Behaviour Change for men from a South Asian background who have used violent, controlling and coercive behaviours toward their (past) partner.	Online	Mondays 6.00-8.00pm	Cost: Free Childcare: Not available Participants must contact Uniting to undertake an assessment before attending groups.	Tina Mendico Ph: 9051 2600 Tina.Mendico@vt.uniting.org

Groups for Men				
Group	Venue	Dates	Other	Contact
<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.	Level 1 Suite 116 40 Burgundy St Heidelberg	Wednesdays 12.30-2.30pm Wednesdays 6.00-8.00pm	Cost: Free Childcare: Not available Participants must contact Uniting to undertake an assessment before attending groups.	Tina Mendico Ph: 9051 2600 Tina.Mendico@vt.uniting.org
<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.	648 High St Reservoir	Mondays (fathers only) 6.00-8.00pm Tuesdays 6.00-8.00pm Wednesdays 6.00-8.00pm Thursdays 6.00-8.00pm	Cost: Free Childcare: Not available Participants must contact Uniting to undertake an assessment before attending groups.	Tina Mendico Ph: 9051 2600 Tina.Mendico@vt.uniting.org
<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.	Online via Zoom	Tuesdays 6.00-8.00pm Wednesdays 6.00-8.00pm	Cost: Free Childcare: Not available Participants must contact Uniting to undertake an assessment before attending groups.	Tina Mendico Ph: 9051 2600 Tina.Mendico@vt.uniting.org

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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	<p>MBCP Intake Coordinator</p> <p>Ph: 8401 1307 m: 0407179985</p>
<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>Commencing in May</p> <p>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>