



Family Violence Support Groups in the Northern Metropolitan Region

Term 4, 2023: October- December 2023

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, 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 Valentina Botti, Communications and Program Support Officer at Women's Health In the North: valentina.b@whin.org.au.

Groups for Women				
Group	Venue	Dates	Other	Contact
<p>Living Well</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. Creative opportunities for expression are offered. Guest speakers, a focus on self-care and</p>	<p>Banyule Community Health (BCHS)</p> <p>21 Alamein Road, Heidelberg West</p>	<p>Tuesdays 10.00am-12.30pm</p> <p>Until 19 December 2023</p>	<p>Cost: Free</p> <p>Small children are welcome to Childcare: Limited capacity for small children Tea and coffee provided</p>	<p>Dana Robson</p> <p>Email - dana.robson@bchs.org.au</p> <p>Phone - 9450 2610</p> <p>Or</p> <p>BCHS Intake (Service Access)</p> <p>Ph: 9450 2000</p>

<p>opportunities for action are sought to promote equity and equality for women.</p>				
<p>Health and Wellbeing for Women</p> <p>Merri-bek Libraries</p> <p>A women's wellbeing program available to women who are at risk of experiencing family violence or victim survivors.</p>	<p>Fawkner Occasional Care Centre</p> <p>Building 3, 79 Jukes Road, Fawkner</p>	<p>Tuesdays</p> <p>1-3pm</p>	<p>This program is free.</p> <p>Free lunch and child minding available but bookings are essential.</p> <p>This program has been running throughout Term 4. Remaining sessions include:</p> <p>21 & 28 November – Legal workshops with Northern Community Legal Centre</p> <p>Legal workshops will cover information about family court systems in Australia, keeping safe,</p>	<p>To find out further information or register for these workshops, contact Manal, Sisters4Sisters:</p> <p>Mobile - 0434 533 484</p> <p>Email - info@s4s.org.au</p>

			<p>employment rights, fines and rental issues.</p> <p>5 December – Let's Talk Money with Women's Health in the North</p> <p>Financial Literacy session where women will learn budgeting tips and tools, spending and saving hints and everyday money management.</p>	
<p>Positive Shift Program</p> <p>Baptcare</p> <p>+SHIFT provides a healing program for women to explore family safety and viable alternatives to</p>	<p>Campbellfield Community Centre</p> <p>81 Sommerset Road, Campbellfield VIC 3061</p>	<p>Thursdays</p> <p>11.30 am – 1.30 pm</p>	<p>Cost: free</p> <p>The +SHIFT group is currently delivered Face-to-Face, as an open group over 16 sessions.</p> <p>Eligibility:</p> <ul style="list-style-type: none"> • 18 years or older 	<p>Team Leader - Brylee Butler</p> <p>Facilitators - Kate and Layla</p> <p>Email - bfspositiveshift@baptcare.org.au</p> <p>Phone - 03 9373-3800</p>

<p>force in their intimate relationships.</p> <p>+SHIFT offers participants a space to explore motivations for using force, to break down stigma and shame, and seeks to establish a wide range of alternative strategies that group members can use instead of force.</p>			<ul style="list-style-type: none"> • Identify as female or non-binary • Identify as having used force in their intimate relationship. 	
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Groups for LGBTIQ+ Community

Group	Venue	Dates	Other	Contact
<p>Futures Free from Violence</p> <p>Drummond Street</p>	<p>Online, Zoom platform</p>	<p>Tuesdays</p> <p>5.30pm-7.30pm</p>	<p>Cost: free</p> <p>Next 8-week group starts from 9th of January, intake and assessment need to</p>	<p>Mengrui (She/her)- Family Violence Manager</p> <p>Email - ffv@ds.org.au</p> <p>Phone – 03 9663 6733</p>

<p>This 8-week 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.</p>			<p>be completed before attending group.</p> <p>We provide both individual and group support.</p> <p>After completing 8-week online group, participants can keep attending rolling groups (for participants who have attended groups before), every Tuesday nights 6pm-6.30pm.</p>	
Groups for Men				
Group	Venue	Dates	Other	Contact
<p>Men's Healing and Behaviour Change Programs</p> <p>Dardi Munwurro</p>	<p>OFFICE LOCATIONS Central (Preston)</p> <p>558 High Street, Preston</p>	<p>Various dates based on location</p>	<p>Participants need to go through an intake process to participate to the Programs.</p>	<p>Phone: 1800 435 799</p> <p>intake@dardimunwurro.com.au</p>

<p>The programs aim to create safe places, so that healing and behaviour change can take place in a non-shaming environment.</p> <p>The aim is to equip Aboriginal men to become leaders, role models and mentors within their communities.</p> <p>The Men's Healing and Behaviour Change Program is delivered in the community and in prisons.</p> <p>It is a statewide service and these are some of the topics covered in the groups:</p>	<p>Bairnsdale</p> <p>214 Main Street, Bairnsdale</p> <p>Shepparton</p> <p>336 Wyndham Street, Shepparton</p> <p>Warrnambool</p> <p>81 Liebig Street, Warrnambool</p> <p>Morwell</p> <p>185 Commercial Road, Morwell</p> <p>Dandenong</p> <p>44 McCrae Street, Dandenong</p>			
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<ul style="list-style-type: none"> • Understanding agreements • Accountability • Journey of life • Aboriginal identity and connection • Conflict resolution • Understanding emotions • Understanding violence • Respectful relationships 				
<p>Men's Behaviour Change Programs</p> <p>Uniting</p> <p>The program is 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>Tina</p> <p>Phone - 9051 2600</p> <p>Email - Tina.Garofalo@vt.uniting.org</p>

<p>Men's Behaviour Change Programs</p> <p>Uniting</p> <p>The program is for men who have used violent, controlling and coercive behaviours toward their (past) partner.</p>	<p>Online</p>	<p>Mondays (Group A and Group B) 6.00-8.00pm</p> <p>Tuesdays (Group A and Group B) 6.00-8.00pm</p> <p>Wednesdays 6.00-8.00pm</p>	<p>Cost: free</p>	<p>Tina</p> <p>Phone - 9051 2600</p> <p>Email - Tina.Garofalo@vt.uniting.org</p>
<p>Men's Behaviour Change Programs</p> <p>Uniting</p> <p>The program is 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 11.00-1.00pm</p> <p>Wednesdays 6.00-8.00pm</p>	<p>Cost: free</p>	<p>Tina</p> <p>Phone - 9051 2600</p> <p>Email - Tina.Garofalo@vt.uniting.org</p>

<p>Men's Behaviour Change Programs</p> <p>Uniting</p> <p>The program is for men who have used violent, controlling and coercive behaviours toward their (past) partner.</p>	<p>648 High St, Reservoir</p>	<p>Mondays (father's only) 6.00-8.00pm</p> <p>Tuesdays 6.00-8.00pm</p> <p>Thursdays 6.00-8.00pm</p>	<p>Cost: free</p>	<p>Tina</p> <p>Phone - 9051 2600</p> <p>Email - Tina.Garofalo@vt.uniting.org</p>
<p>Men's Behaviour Change Programs</p> <p>Uniting</p> <p>The program is for men who have used violent, controlling and coercive behaviours toward their (past) partner.</p>	<p>413-419 Camp Rd, Broadmeadows</p>	<p>Tuesdays 6.00-8.00pm</p>	<p>Cost: free</p>	<p>Tina</p> <p>Phone - 9051 2600</p> <p>Email - Tina.Garofalo@vt.uniting.org</p>