



Family Violence Support Groups in the Northern Metropolitan Region

Term 1, 2024: January - March 2024

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, 2024.

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 Northern Integrated Family Violence Services at valentina.b@whin.org.au.

Groups for Women				
Group	Venue	Dates	Other	Contact
<p>Moving On program</p> <p>Sunbury Cobaw Community Health Centre</p> <p>7-week group program for women who have been in hurtful relationships and looking to heal.</p>	TBC, Sunbury	<p>Tuesdays</p> <p>10am-12pm</p> <p>From 6 February to 19 March</p>	<p>Cost: Free</p>	<p>Madison Chodziesner</p> <p>Email: madison.chodziesner@scchc.org.au</p>
<p>Connections</p> <p>Kids First Australia - NHARP Team</p> <p>Program to support families to heal from the impacts of family violence. Run over 8 sessions, the group is open to mothers of</p>	<p>Kids First</p> <p>273 Settlement Road, Thomastown</p>	<p>Thursdays</p> <p>10am – 12.30pm</p> <p>From 8 February to 28 March</p>	<p>Cost: free</p> <p>Eligibility: Woman who live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek</p>	<p>Maryanne Clarke, NHARP Team Leader</p> <p>Email: mclarke@kidsfirstaustralia.org.au</p> <p>Mobile: 0423 601 340</p>

<p>children of all ages to connect in a safe & welcoming space. Together the group explores how to build confidence and strengthen connections between mothers and their children to support recovery from family violence.</p>				
<p>Healing Circle Kids First Australia - NHARP Team</p> <p>The Healing Circle is a free 8-week creative art based therapeutic program for women who are recovering from family violence.</p>	<p>Kids First Child & Family Centre</p> <p>70 Altona Street, Heidelberg West.</p>	<p>Wednesdays</p> <p>10 am - 12 pm</p> <p>From 7 February to 27 March</p>	<p>Cost: free</p> <p>Eligibility: Woman who live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek.</p>	<p>Maryanne Clarke, NHARP Team Leader Email: mclarke@kidsfirstaustralia.org.au</p> <p>Mobile: 0423 601 340</p>

<p>Participation is free and all art materials and refreshments are included.</p>				
<p>Parenting After Violence</p> <p>Anglicare Victoria</p> <p>Information sessions for women dealing with the effects of family violence including:</p> <ul style="list-style-type: none"> • Effects of family violence on children and talking to children • Surviving as a parent 	<p>Epping Location</p>	<p>Tuesdays</p> <p>10.00am - 12.30pm</p> <p>5th March to 26th March 2024</p>	<p>Cost: free</p> <p>Childcare provided free (limited places - bookings essential)</p>	<p>ParentZone Northern</p> <p>Phone: 03 8641 8900</p> <p>Email: parentzone.northern@anglicarevic.org.au</p>

Groups for Children, Young People and Families

Group	Venue	Dates	Other	Contact
<p>Momentum</p> <p>Kids First Australia - NHARP Team</p> <p>Momentum is a FREE 6-week Group for teenagers who have experienced family violence.</p>	<p>Headspace</p> <p>78 Main Street, Greensborough 3088</p>	<p>Tuesdays</p> <p>4 pm - 6 pm</p> <p>From 20 February to 26 March</p>	<p>Cost: free; all materials and snacks included.</p> <p>Eligibility: Young people aged 12 to 17 years who live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek.</p>	<p>Maryanne Clarke, NHARP Team Leader Email: mclarke@kidsfirstaustralia.org.au</p> <p>Mobile: 0423 601 340</p>
<p>Mothers in Mind</p> <p>Kids First Australia - NHARP Team</p> <p>A therapeutic group program for mothers and their children</p>	<p>Meadowglen Kindergarten</p> <p>22 – 48 Meadow Glen Drive, Epping.</p>	<p>Tuesdays</p> <p>9.30 am – 11.30 am</p> <p>From 6 February to 26 March</p>	<p>Cost: free</p> <p>Eligibility: Mothers and their children aged between 0 - 5 years old who live, work or study in Banyule,</p>	<p>Maryanne Clarke, NHARP Team Leader Email: mclarke@kidsfirstaustralia.org.au</p> <p>Mobile: 0423 601 340</p>

<p>aged 5 years and under who have experienced family violence. 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>Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek.</p>	
<p>VACCA Koorie Kids Playgroup VACCA</p>	<p>Keon Park Children Hub and Thomastown or online platform TBC</p>	<p>Keon Park Children Hub: Tuesdays 12pm-2pm Thomastown/online: Wednesdays 12pm-2pm</p>	<p>Cost: Free</p>	<p>Olivia Smailes Phone: 0429 307 142</p>

<p>Youth Early Intervention Behavioural Change Project</p> <p>Supporting young people aged 12-25 and based on Men's Behaviour Change key principles, the project:</p> <ul style="list-style-type: none"> • Supports young people for 3-6 months • Builds connection to education and work ready skill development • Supports and role models safe 	<p>Sunshine, Werribee, Sunbury and Broadmeadows offices</p>	<p>Ongoing, based on availability</p>	<p>Eligibility:</p> <p>Young people aged 12-25 from the City of Brimbank, City of Hume, City of Melton and the City of Wyndham.</p>	<p>Email: ybcp@youthjunctioninc.net.au</p>
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<p>respectful relationships.</p> <ul style="list-style-type: none"> • Developing emotional regulation, impulse control and decision making. 				
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Groups for LGBTIQ+ Community

Group	Venue	Dates	Other	Contact
<p>Futures Free from Violence</p> <p>Drummond Street Services</p> <p>This 8-week program offers women, trans, and gender diverse people who have used force and/or violence in family</p>	<p>Online, Zoom platform</p>	<p>Tuesdays</p> <p>5.30pm-7.30pm</p> <p>From 9 January 2024.</p>	<p>Cost: free</p> <p>Other information: intake and assessment need to be completed before attending group. After completing 8-week online group, participants can</p>	<p>Mengrui (She/her)- Family Violence Manager</p> <p>Email: fffv@ds.org.au</p> <p>Phone: 03 9663 6733</p>

<p>and intimate partner relationships the opportunity to work towards change. We provide both individual and group support.</p>			<p>keep attending rolling groups (for participants who have attended groups before), every Tuesday nights 6pm-6.30pm.</p>	
<p>Revisoning</p> <p>Thorne Harbour Health</p> <p>A Men's Behaviour Change Program for gay, bisexual, transgender and queer men who want to work no changing their use of violent behaviour in relationships. <i>Revisoning</i> is a state-wide program.</p>	<p>Online, Zoom platform</p> <p>and</p> <p>In person</p>	<p>Online:</p> <p>Starting in January 2024.</p> <p>Date TBC.</p> <p>In Person:</p> <p>Starting in late April 2024.</p> <p>Wednesdays at 6pm.</p>	<p>Cost: free</p>	<p>Intake worker</p> <p>Email: revisoning@thorneharbour.org</p> <p>Phone: 9865 6700</p>

Groups for Men				
Group	Venue	Dates	Other	Contact
<p>Men's Healing and Behaviour Change Programs</p> <p>Dardi Munwurro</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</p>	<p>OFFICE LOCATIONS</p> <p>Central (Preston)</p> <p>558 High Street, Preston</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>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>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> <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>185 Commercial Road, Morwell</p> <p>Dandenong</p> <p>44 McCrae Street, Dandenong</p>			
<p>Men's Behaviour Change Program</p>	<p>12-28 Macedon Street, Sunbury</p>	<p>Tuesday evenings 6:30pm to 8:30pm</p>	<p>Cost: \$10 per session</p>	<p>Jarryd Pantazis Email: jarryd.pantazis@scchc.org.au</p>

<p>Sunbury Cobaw Community Health Centre</p> <p>20-session weekly group program for men who have used intimate partner violence.</p>		<p>From 26/03/2024 to 06/08/2024</p>		<p>Phone: For new clients, call Intake on 9744 4455</p>
<p>Men's Behaviour Change Programs 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 Uniting</p> <p>The program is for men who have used violent, controlling and coercive</p>	<p>Online</p>	<p>Mondays (Group A, Group B and Group C) 6.00-8.00pm</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>

behaviours toward their (past) partner.		Wednesdays (Group A and Group B) 6.00-8.00pm		
<p>Men's Behaviour Change Programs Uniting</p> <p>The program is 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 11.00-1.00pm</p> <p>Wednesdays 6.00-8.00pm</p>	Cost: free	<p>Tina</p> <p>Phone - 9051 2600</p> <p>Email - Tina.Garofalo@vt.uniting.org</p>
<p>Men's Behaviour Change Programs Uniting</p> <p>The program is for men who have used violent, controlling and coercive behaviours toward their (past) partner.</p>	648 High St, Reservoir	<p>Mondays (father's only) 6.00-8.00pm</p> <p>Tuesdays 6.00-8.00pm</p> <p>Thursdays 6.00-8.00pm</p>	Cost: free	<p>Tina</p> <p>Phone - 9051 2600</p> <p>Email - Tina.Garofalo@vt.uniting.org</p>