

## Family Violence Support Groups in the Northern Metropolitan Region

Term 2, 2024: April – July 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 2, 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](mailto:valentina.b@whin.org.au).

Groups for Women				
Group	Venue	Dates	Other	Contact
<p><b>Connections</b></p> <p><b>Kids First Australia - NHARP Team</b></p> <p>Connections is run by Northern Healing and Recovery Program (N-HARP) and aims to explore impacts of family violence on relationships, parenting and wellbeing by building confidence and strengthening connections between mothers to support recovery.</p>	<p><b>Kids First Australia</b> 273 Settlement Road, Thomastown</p>	<p><b>Wednesdays</b> <b>10am – 12.30pm</b> <b>From 1<sup>st</sup> of May to 19<sup>th</sup> of June.</b></p>	<p><b>Cost:</b> free</p> <p><b>Eligibility:</b> Woman who live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek</p>	<p>Maryanne Clarke, NHARP Team Leader Email: <a href="mailto:mclarke@kidsfirstaustralia.org.au">mclarke@kidsfirstaustralia.org.au</a>  Mobile: 0423 601 340</p>
<p><b>Healing Circle</b></p> <p><b>Kids First Australia - NHARP Team</b></p>	<p><b>Kids First Child &amp; Family Centre</b></p>	<p>Thursdays 10 am - 12 pm</p>	<p><b>Cost:</b> free</p> <p><b>Eligibility:</b> Woman who live, work or study in Banyule,</p>	<p>Maryanne Clarke, NHARP Team Leader Email: <a href="mailto:mclarke@kidsfirstaustralia.org.au">mclarke@kidsfirstaustralia.org.au</a>  Mobile: 0423 601 340</p>

<p>The Healing Circle is run by Northern Healing and Recovery Program (NHARP). The Healing Circle is a creative art based therapeutic program for women to recover from family violence.</p>	<p>70 Altona Street, Heidelberg West.</p>	<p>From 2<sup>nd</sup> of May to 20<sup>th</sup> of June</p>	<p>Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek.</p>	
<p><b>Parenting After Violence (PAV)</b> <b>Cohealth</b> PAV is a psychoeducation group for mothers dealing with the effects of family violence on their children to help their recovery and strengthen the parenting bond.</p>	<p>Online</p>	<p>Wednesdays 10 – 12 pm From May 8th for 5 weeks.</p>	<p>Cost: free</p>	<p>Gagan Sohiv   0428 164 094 Tamsin Baker   0437 911 384 Tina Guido   0429 919 720</p>

<p><b>Positive Shift</b> <b>Baptcare</b></p> <p>A healing program for women to explore family safety and viable alternatives to force in their intimate relationships.</p> <p>Positive Shift intervention and support groups provide a safe, inclusive healing space for women, who may have complex experiences of family violence. It 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>	<p><b>Online</b> (MS Teams)</p> <p>And</p> <p><b>Sunshine</b></p>	<p><b>Online:</b></p> <p>Wednesdays</p> <p>6pm – 8pm</p> <p><b>Sunshine:</b></p> <p>Tuesdays</p> <p>11.30am – 1.30pm</p>	<p><b>Cost:</b> free</p> <p>Eligibility for program:</p> <ul style="list-style-type: none"> <li>• 18 years of age and over</li> <li>• Identifies as a woman, transwoman, non-binary</li> <li>• Use(s/ed) force within intimate relationship</li> </ul> <p>Expression of Interest open for the North</p>	<p>Email: <a href="mailto:bfspositiveshift@baptcare.org.au">bfspositiveshift@baptcare.org.au</a></p> <p>Phone: 03 9373 3800</p>
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<p><b>Living Well Group</b></p> <p><b>Banyule Community Health</b></p> <p>The Living Well group recognises the strengths and values of individuals. As a supportive group, women are encouraged to believe in themselves and can share their experiences of family violence, if they wish, in a safe supportive environment. Creative opportunities for expression are offered. Guest speakers, focus on self-care and opportunities for action are sought to promote equity and equality for women.</p>	<p>Banyule Community Health, 21 Alamein Rd, <b>Heidelberg West</b></p>	<p>Tuesdays</p> <p>10.00am - 12.30pm</p>	<p><b>Cost:</b> free</p> <p><b>Childcare</b> limited places - bookings essential.</p>	<p>Dana</p> <p>Phone: 03 94502610</p> <p>Email: <a href="mailto:Dana.robson@bchs.org.au">Dana.robson@bchs.org.au</a></p>
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## Groups for Children, Young People and Families

Group	Venue	Dates	Other	Contact
<p><b>Momentum</b></p> <p><b>Kids First Australia - NHARP Team</b></p> <p>Momentum is run by Northern Healing and Recovery Program (NHARP) and aims to provide a safe space for young people to connect and explore different ways to build connections and safety, and promote healing from family violence.</p>	<p><b>Headspace</b></p> <p>78 Main Street, Greensborough 3088</p>	<p>Tuesdays</p> <p>4 pm - 6 pm</p> <p>From 14<sup>th</sup> of May to 18<sup>th</sup> of June</p>	<p><b>Cost:</b> free.</p> <p><b>Eligibility:</b> 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: <a href="mailto:mclarke@kidsfirstaustralia.org.au">mclarke@kidsfirstaustralia.org.au</a></p> <p>Mobile: 0423 601 340</p>
<p><b>Mothers in Mind</b></p> <p><b>Kids First Australia - NHARP Team</b></p>	<p><b>Meadowglen Kindergarten</b></p> <p>22 – 48 Meadow Glen Drive, Epping.</p>	<p>Thursdays</p> <p>9.30 am – 11.30 am</p> <p>From 2<sup>nd</sup> of May to 20<sup>th</sup> of June</p>	<p>Cost: free</p> <p><b>Eligibility:</b> Mothers and their children aged between 0 - 5 years old who</p>	<p>Maryanne Clarke, NHARP Team Leader Email: <a href="mailto:mclarke@kidsfirstaustralia.org.au">mclarke@kidsfirstaustralia.org.au</a></p> <p>Mobile: 0423 601 340</p>

<p>Mother in Mind is run by Northern Healing and Recovery Program (NHARP). Mothers in Mind is a trauma informed mother-child group specifically designed to meet the parenting needs of mothers who have experienced family violence with children up to five years old.</p>			<p>live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek.</p>	
<p><b>Koorie Kids Playgroup</b> <b>VACCA</b></p>	<p>Keon Park Children Hub and Thomastown</p>	<p><b>Keon Park Children Hub:</b> Tuesdays 12pm-2pm  <b>Thomastown:</b> Wednesdays 12pm-2pm</p>	<p><b>Cost:</b> Free</p>	<p>Olivia Smailes Phone: 0429 307 142</p>

<p><b>Growing Connections</b></p> <p><b>Anglicare</b></p> <p><i>Growing Connections</i> aims to strengthen the bond between mothers and children (aged 5-12) who have experienced family violence. The group involves art, craft, play and movement activities. This is a safe, supportive and fun group for mothers and children to attend together.</p>	<p>Anglicare Broadmeadows Office</p> <p>32 Railway Crescent, Broadmeadows.</p>	<p>Wednesdays</p> <p>11 am – 2pm</p> <p>Starting 24 April 2024 for 8 weeks.</p>	<p><b>Cost:</b> free</p>	<p>Shilpa Nagesh</p> <p>Email: <a href="mailto:Shilpa.Nagesh@anglicarevic.org.au">Shilpa.Nagesh@anglicarevic.org.au</a></p> <p>Mobile: 0477 553 924</p>
<p><b>Youth Early Intervention Behavioural Change Project</b></p>	<p>Sunshine, Werribee, Sunbury and Broadmeadows offices</p>	<p><b>Ongoing, based on availability</b></p>	<p><b>Eligibility:</b></p> <p>Young people aged 12-25 from the City of Brimbank, City of Hume, City of</p>	<p>Email: <a href="mailto:ybcp@youthjunctioninc.net.au">ybcp@youthjunctioninc.net.au</a></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"> <li>• Supports young people for 3-6 months</li> <li>• Builds connection to education and work ready skill development</li> <li>• Supports and role models safe respectful relationships.</li> <li>• Developing emotional regulation, impulse control and</li> </ul>			<p>Melton and the City of Wyndham.</p>	
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decision making.				
Groups for LGBTIQA+ Community				
Group	Venue	Dates	Other	Contact
<p><b>Futures Free from Violence</b></p> <p><b>Drummond Street Services</b></p> <p>This program is for women, trans, and gender-diverse people who have used force and/or violence in family and intimate partner relationships. It runs in small groups and Victoria only.</p>	Online, Zoom platform	<p>Tuesdays</p> <p>5.30pm-7.30pm</p> <p>Start in April.</p>	<b>Cost:</b> free	<p>Elliott McMahon</p> <p>Email: <a href="mailto:ffv@ds.org.au">ffv@ds.org.au</a></p> <p>Phone: 03 9663 6733</p>
<p><b>Clear Space</b></p> <p><b>Thorne Harbour Health</b></p>	Online, Zoom platform	<p>Tuesdays at 6pm</p> <p>Start at the end of March/early April</p>	<b>Cost:</b> free	<p>Email: <a href="mailto:behaviourchange@thorneharbour.org">behaviourchange@thorneharbour.org</a></p>

<p>An online behaviour change group for gay, queer, trans and bi men and non-binary people, open to participants nationally. This group focuses on supporting LGBTQ+ men who've used violence in their relationships to move towards change and accountability.</p>				
<p><b>Thorne Harbour Health</b></p> <p>In-person behaviour change group for gay queer trans and bi men who can travel to Abbotsford. This group focuses on supporting LGBTQ+ men who've</p>	<p>200 Hoddle St, Abbotsford</p>	<p>Wednesdays at 6pm Start in late April/early May</p>	<p><b>Cost:</b> free</p>	<p>Email: <a href="mailto:behaviourchange@thorneharbour.org">behaviourchange@thorneharbour.org</a></p>

used violence in their relationships to move towards change and accountability.				
Groups for Men				
Group	Venue	Dates	Other	Contact
<p><b>Men's Healing and Behaviour Change Programs</b></p> <p><b>Dardi Munwurro</b></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</p>	<p>OFFICE LOCATIONS <b>Central</b> (Preston)</p> <p>558 High Street, Preston</p> <p><b>Bairnsdale</b></p> <p>214 Main Street, Bairnsdale</p> <p><b>Shepparton</b></p> <p>336 Wyndham Street, Shepparton</p> <p><b>Warrnambool</b></p> <p>81 Liebig Street, Warrnambool</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>mentors within their communities.</p> <p>The Men's Healing and Behaviour Change Program is delivered in the community and in prisons.</p>	<p><b>Morwell</b></p> <p>185 Commercial Road, Morwell</p> <p><b>Dandenong</b></p> <p>44 McCrae Street, Dandenong</p>			
<p><b>Men's Behaviour Change Program</b></p> <p><b>Sunbury Cobaw Community Health Centre</b></p> <p>20-session weekly group program for men who have used intimate partner violence.</p>	<p>12-28 Macedon Street, <b>Sunbury</b></p>	<p><b>Tuesday evenings</b></p> <p>6:30pm to 8:30pm</p> <p>From 26/03/2024 to 06/08/2024</p> <p><b>Monday evenings</b></p> <p>6:30pm to 8:30pm</p> <p>From June to October 2024</p>	<p><b>Cost:</b> \$10 per session</p>	<p><b>Jarryd Pantazis</b></p> <p>Email: <a href="mailto:jarryd.pantazis@scchc.org.au">jarryd.pantazis@scchc.org.au</a></p> <p>Phone: For new clients, call Intake on 9744 4455</p>
<p><b>Men's Behaviour Change Programs Uniting</b></p>	<p>188 McDonald's Rd, <b>Epping</b></p>	<p>Tuesdays 6.00-8.00pm</p>	<p><b>Cost: free</b></p>	<p><b>Tina</b></p> <p>Phone - 9051 2600</p>

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

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