

## Family Violence Support Groups in the Northern Metropolitan Region

Term 3, 2024: July - September 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, including in-language groups. Some groups are ongoing and some are shorter term.

**This calendar includes groups being run in Term 3, 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 or would like further information 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
<b>Looking Forward</b> <b>Anglicare Victoria</b> <p>A seven week empowerment group for women who are experiencing, or have experienced, a hurtful or abusive relationship.</p>	Preston	<b>Wednesdays</b> <b>12 – 2.30 pm</b> <b>From 7<sup>th</sup> August to 18<sup>th</sup> September</b>	<b>Cost:</b> free <b>Childcare:</b> limited spaces available <p>Coffee/tea &amp; snacks provided</p>	<p>Catherine or Matthew</p> <p>Email: <a href="mailto:parentzone.northern@Anglicarevic.org.au">parentzone.northern@Anglicarevic.org.au</a></p> <p>Phone: (03) 8470 9999</p>
<b>Connections</b> <b>Kids First Australia - NHARP Team</b> <p>Connections is run by Northern Healing and Recovery Program (N-HARP) and aims to explore impacts of family violence on relationships, parenting and</p>	<b>Kids First Australia</b> 273 Settlement Road, Thomastown	<b>Wednesdays</b> <b>10am – 12.30pm</b> <p>8-week program starting from <b>24<sup>th</sup> of July to 11<sup>th</sup> of September.</b></p>	<b>Cost:</b> free <b>Eligibility:</b> Woman who live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek	<p>Maryanne, NHARP Team Leader</p> <p>Email: <a href="mailto:nharp@kidsfirstaustralia.org.au">nharp@kidsfirstaustralia.org.au</a></p> <p>Mobile: 9450 0900</p>

wellbeing by building confidence and strengthening connections between mothers to support recovery.				
<p><b>Healing Circle</b>  <b>Kids First Australia - NHARP Team</b></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><b>Kids First Child &amp; Family Centre</b></p> <p>70 Altona Street, Heidelberg West.</p>	<p><b>Wednesdays</b>  <b>10 am - 12 pm</b></p> <p>8-week program starting from <b>24<sup>th</sup> of July to 11<sup>th</sup> of September.</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, NHARP Team Leader  Email: <a href="mailto:nharp@kidsfirstaustralia.org.au">nharp@kidsfirstaustralia.org.au</a></p> <p>Mobile: 9450 0900</p>
<p><b>Living Well Group</b>  <b>Banyule Community Health</b></p> <p>The Living Well group recognises the</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>

<p>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><b>Positive Shift</b> <b>Baptcare</b> A healing program for women to explore family safety and viable alternatives to</p>	<p><b>Online</b> (MS Teams)  And <b>Sunshine</b></p>	<p><b>Online:</b>  TBA  Start at the end of July</p>	<p><b>Cost:</b> free  Eligibility for program:</p> <ul style="list-style-type: none"> <li>18 years of age and over</li> </ul>	<p>Email: <a href="mailto:bfspositiveshift@baptcare.org.au">bfspositiveshift@baptcare.org.au</a>  Phone: 03 9373 3800</p>

<p>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>Sunshine:</b></p> <p>Tuesdays</p> <p>11.30am – 1.30pm</p>	<ul style="list-style-type: none"> <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>	
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Groups for Children, Young People and Families				
Group	Venue	Dates	Other	Contact
<b>Momentum</b> <b>Kids First Australia - NHARP Team</b> 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.	<b>Headspace</b> 78 Main Street, Greensborough 3088	<b>Tuesdays</b> <b>4 pm - 6 pm</b> 6-week program starting from <b>23<sup>rd</sup> July to 17<sup>th</sup> September.</b>	<b>Cost:</b> free. <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.	Maryanne, NHARP Team Leader Email: <a href="mailto:nharp@kidsfirstaustralia.org.au">nharp@kidsfirstaustralia.org.au</a> Mobile: 9450 0900
<b>Mothers in Mind</b> <b>Kids First Australia - NHARP Team</b>	<b>Meadowglen Kindergarten</b> 22 – 48 Meadow Glen Drive, Epping.	<b>Tuesdays</b> <b>9.30 am – 11.30 am</b> 8-week program starting from <b>23<sup>rd</sup> of</b>	<b>Cost:</b> free <b>Eligibility:</b> Mothers and their children aged between 0 - 5 years old who	Maryanne, NHARP Team Leader Email: <a href="mailto:nharp@kidsfirstaustralia.org.au">nharp@kidsfirstaustralia.org.au</a> Mobile: 9450 0900

<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><b>July to 10<sup>th</sup> of September.</b></p>	<p>live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek.</p>	
<p><b>Sing and Grow</b> <b>Cohealth</b> co-sponsored by The Connie Benn Early Learning Centre  Sing and Grow is a music therapy group for vulnerable parents and children</p>	<p><b>Connie Benn Centre</b>  160 Brunswick Street, Fitzroy, VIC 3065</p>	<p><b>Tuesdays</b>  <b>10 am – 10.45 am</b>  8-week program starting from <b>23<sup>rd</sup> of July to 10<sup>th</sup> of September.</b></p>	<p>Cost: free  <b>Eligibility:</b> Mothers and their children aged between 0 - 5 years old</p>	<p>Wengel Email: <a href="mailto:Wengelawit.Nebiyu@cohealth.org.au">Wengelawit.Nebiyu@cohealth.org.au</a> Phone: 0478 058 657</p>

<p>0-5 years to participate in fun and interactive music sessions. Through sharing of children's songs, Sing&amp;Grow™ provides families with:</p> <ul style="list-style-type: none"> <li>• new, positive ways to support your child's development</li> <li>• a safe space to learn the importance of play, encouragement and consistency for children</li> <li>• help to develop and build important parenting and communication skills</li> <li>• an opportunity to make new friends</li> <li>• parent-child interactions that can be fun, safe, positive and successful.</li> </ul>				
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<p><b>Youth Early Intervention Behavioural Change Project</b></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> </ul>	<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 Melton and the City of Wyndham.</p>	<p>Email: <a href="mailto:ybcpr@youthjunctioninc.net.au">ybcpr@youthjunctioninc.net.au</a></p>
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<ul style="list-style-type: none"> <li>Developing emotional regulation, impulse control and decision making.</li> </ul>				
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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>	Face to face	TBC	<b>Cost:</b> free	<p>Email: <a href="mailto:fffv@ds.org.au">fffv@ds.org.au</a></p> <p>Phone: 03 9663 6733</p>
<p><b>START</b></p> <p><b>Thorne Harbour Health</b></p> <p>In-person behaviour change program for</p>	200 Hoddle St, Abbotsford	<p><b>Wednesdays</b></p> <p><b>6pm</b> (1.5/2 hours duration)</p> <p>Start in July 2024</p>	<b>Cost:</b> free	<p>Name: Max Castle</p> <p>Email: <a href="mailto:behaviourchange@thorneharbour.org">behaviourchange@thorneharbour.org</a></p> <p>Phone: 0437916023</p>

<p>gay, bi, trans and queer men.</p> <p>Thorne Harbour's unique behaviour change program is queer and trans affirmative. Running over 20 weeks, this group is a space to explore the impacts of your behaviour and beliefs on yourselves, partners and others in your life. We focus on honesty, responsibility and support for making changes so that you can have Safe, Trusting, Accountable and Respectful relationships.</p>				
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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 mentors within their communities.</p> <p>The Men's Healing and Behaviour Change Program is delivered in the</p>	<p>OFFICE LOCATIONS</p> <p><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><b>Morwell</b></p> <p>185 Commercial Road, 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>

community and in prisons.	<b>Dandenong</b>  44 McCrae Street, Dandenong			
<b>Men's Behaviour Change Program</b>  <b>Sunbury Cobaw Community Health Centre</b>  20-session weekly group program for men who have used intimate partner violence.	12-28 Macedon Street, <b>Sunbury</b>	<b>Tuesday and Wednesday evenings</b>  6:30pm to 8:30pm  Dates vary  Starts in July 2024	<b>Cost:</b> \$10 per session	<b>Jarryd Pantazis</b>  Email: <a href="mailto:jarryd.pantazis@scchc.org.au">jarryd.pantazis@scchc.org.au</a>  Phone: For new clients, call Intake on 9744 4455
<b>Motivation for Change</b>  <b>InTouch</b>  The Motivation for Change (MfC) program is designed for men from culturally and linguistically diverse	TBC	Starts in July 2024.  20-week program	<b>Cost:</b> free	Email: <a href="mailto:mfc@intouch.org.au">mfc@intouch.org.au</a>  Phone: 03 9413 6500

<p>(CALD) backgrounds who have used violence in their relationships. Our aim is to provide participants with the tools and support needed to contemplate and transform their behaviours, ensuring a safer and more respectful environment for women and children.</p> <p>Cohorts and languages: Afghan Cohort (in Dari/Farsi), South Asian Cohort (in Hindi and English).</p>				
<p><b>Men's Walking Group</b></p> <p><b>North Richmond Community Health</b></p>	<p><b>North Richmond Community Hub,</b> 110 Elizabeth Street.</p>	<p><b>Tuesdays</b> <b>10 am – 12pm</b></p>	<p>Cost: free</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.	188 McDonald's Rd, <b>Epping</b>	Tuesdays 6.00-8.00pm  Thursdays (father's only) 6.00-8.00pm	Cost: <b>free</b>	<b>Tina</b> Phone - 9051 2600 Email - <a href="mailto:Tina.Garofalo@vt.uniting.org">Tina.Garofalo@vt.uniting.org</a>
<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.	<b>Online</b>	Mondays (Group A, Group B and Group C) 6.00-8.00pm  Tuesdays 6.00-8.00pm  Wednesdays (Group A and Group B) 6.00-8.00pm	Cost: <b>free</b>	<b>Tina</b> Phone - 9051 2600 Email - <a href="mailto:Tina.Garofalo@vt.uniting.org">Tina.Garofalo@vt.uniting.org</a>
<b>Men's Behaviour Change Programs Uniting</b>	Level 1, Suite 116 40 Burgundy St <b>Heidelberg</b>	Wednesdays 11.00-1.00pm	Cost: <b>free</b>	<b>Tina</b> Phone - 9051 2600 Email - <a href="mailto:Tina.Garofalo@vt.uniting.org">Tina.Garofalo@vt.uniting.org</a>



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