



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.

Groups for Women				
Group	Venue	Dates	Other	Contact
<p>Connections</p> <p>Kids First Australia - NHARP Team</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>Kids First Australia 273 Settlement Road, Thomastown</p>	<p>Wednesdays 10am – 12.30pm</p> <p>8-week program starting from 24th of July to 11th of September.</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, NHARP Team Leader Email: nharp@kidsfirstaustralia.org.au</p> <p>Mobile: 9450 0900</p>
<p>Healing Circle</p> <p>Kids First Australia - NHARP Team</p>	<p>Kids First Child & Family Centre</p>	<p>Wednesdays 10 am - 12 pm</p>	<p>Cost: free</p> <p>Eligibility: Woman who live, work or study in Banyule,</p>	<p>Maryanne, NHARP Team Leader Email: nharp@kidsfirstaustralia.org.au</p> <p>Mobile: 9450 0900</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>8-week program starting from 24th of July to 11th of September.</p>	<p>Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek.</p>	
<p>Living Well Group</p> <p>Banyule Community Health</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.</p>	<p>Banyule Community Health, 21 Alamein Rd, Heidelberg West</p>	<p>Tuesdays</p> <p>10.00am - 12.30pm</p>	<p>Cost: free</p> <p>Childcare limited places - bookings essential.</p>	<p>Dana</p> <p>Phone: 03 94502610</p> <p>Email: Dana.robson@bchs.org.au</p>

<p>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>Positive Shift Baptcare</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</p>	<p>Online (MS Teams)</p> <p>And</p> <p>Sunshine</p>	<p>Online:</p> <p>TBA</p> <p>Start at the end of July</p> <p>Sunshine:</p> <p>Tuesdays</p> <p>11.30am – 1.30pm</p>	<p>Cost: free</p> <p>Eligibility for program:</p> <ul style="list-style-type: none"> • 18 years of age and over • Identifies as a woman, transwoman, non-binary • Use(s/ed) force within intimate relationship <p>Expression of Interest open for the North</p>	<p>Email: bfspositiveshift@baptcare.org.au</p> <p>Phone: 03 9373 3800</p>

<p>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>Groups for Children, Young People and Families</p>				
<p>Group</p>	<p>Venue</p>	<p>Dates</p>	<p>Other</p>	<p>Contact</p>
<p>Momentum Kids First Australia - NHARP Team</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</p>	<p>Headspace</p> <p>78 Main Street, Greensborough 3088</p>	<p>Tuesdays</p> <p>4 pm - 6 pm</p> <p>6-week program starting from 23rd July to 17th September.</p>	<p>Cost: free.</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, NHARP Team Leader Email: nharp@kidsfirstaustralia.org.au</p> <p>Mobile: 9450 0900</p>

<p>connections and safety, and promote healing from family violence.</p>				
<p>Mothers in Mind</p> <p>Kids First Australia - NHARP Team</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>Meadowglen Kindergarten</p> <p>22 – 48 Meadow Glen Drive, Epping.</p>	<p>Tuesdays</p> <p>9.30 am – 11.30 am</p> <p>8-week program starting from 23rd of July to 10th of September.</p>	<p>Cost: free</p> <p>Eligibility: Mothers and their children aged between 0 - 5 years old who live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek.</p>	<p>Maryanne, NHARP Team Leader Email: nharp@kidsfirstaustralia.org.au Mobile: 9450 0900</p>

<p>Sing and Grow</p> <p>Cohealth</p> <p>co-sponsored by The Connie Benn Early Learning Centre</p> <p>Sing and Grow is a music therapy group for vulnerable parents and children 0-5 years to participate in fun and interactive music sessions. Through sharing of children's songs, Sing&Grow™ provides families with:</p> <ul style="list-style-type: none"> • new, positive ways to support your child's development • a safe space to learn the importance of play, encouragement and 	<p>Connie Benn Centre</p> <p>160 Brunswick Street, Fitzroy, VIC 3065</p>	<p>Tuesdays</p> <p>10 am – 10.45 am</p> <p>8-week program starting from 23rd of July to 10th of September.</p>	<p>Cost: free</p> <p>Eligibility: Mothers and their children aged between 0 - 5 years old</p>	<p>Wengel</p> <p>Email: Wengelawit.Nebiyu@cohealth.org.au</p> <p>Phone: 0478 058 657</p>
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<p>consistency for children</p> <ul style="list-style-type: none"> • help to develop and build important parenting and communication skills • an opportunity to make new friends • parent-child interactions that can be fun, safe, positive and successful. 				
<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 	<p>Sunshine, Werribee, Sunbury and Broadmeadows offices</p>	<p>Ongoing, based on availability</p>	<p>Eligibility: 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>

<ul style="list-style-type: none">• Builds connection to education and work ready skill development• Supports and role models safe respectful relationships.• 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 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	Cost: free	Email: fffv@ds.org.au Phone: 03 9663 6733
<p>START</p> <p>Thorne Harbour Health</p> <p>In-person behaviour change program for</p>	200 Hoddle St, Abbotsford	<p>Wednesdays</p> <p>6pm (1.5/2 hours duration)</p> <p>Start in July 2024</p>	Cost: free	Name: Max Castle Email: behaviourchange@thorneharbour.org Phone: 0437916023

<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>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 delivered in the</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>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.	Dandenong 44 McCrae Street, Dandenong			
Men's Behaviour Change Program Sunbury Cobaw Community Health Centre 20-session weekly group program for men who have used intimate partner violence.	12-28 Macedon Street, Sunbury	Tuesday and Wednesday evenings 6:30pm to 8:30pm Dates vary Starts in July 2024	Cost: \$10 per session	Jarryd Pantazis Email: jarryd.pantazis@scchc.org.au Phone: For new clients, call Intake on 9744 4455
Motivation for Change InTouch The Motivation for Change (MfC) program is designed for men from culturally and linguistically diverse	TBC	Starts in July 2024. 20-week program	Cost: free	Email: mfc@intouch.org.au 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>Men's Walking Group</p> <p>North Richmond Community Health</p>	<p>North Richmond Community Hub, 110 Elizabeth Street.</p>	<p>Tuesdays 10 am – 12pm</p>	<p>Cost: free</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 behaviours toward their (past) partner.</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>Wednesdays (Group A and Group B) 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>Level 1, Suite 116 40 Burgundy St Heidelberg</p>	<p>Wednesdays 11.00-1.00pm</p>	<p>Cost: free</p>	<p>Tina</p> <p>Phone - 9051 2600</p> <p>Email - Tina.Garofalo@vt.uniting.org</p>

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