



WOMEN'S HEALTH
IN THE NORTH
voice • choice • power



NORTHERN INTEGRATED
FAMILY VIOLENCE SERVICES



Family Violence Support Groups in the Northern Metropolitan Region

Term 2, 2026: April – June

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, 2026.

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 us at nifvs@whin.org.au.

Groups for Women

Group	Venue	Dates	Other	Contact
<i>YANA: You Are Not Alone</i> Relationships Australia YANA: You Are Not Alone is a free 6-week support group for women impacted by family violence who would like to regain their sense of self through learning, sharing, connecting and creating	Sunshine, 3020	Thursdays 6 fortnightly, 2 hour sessions from 14 May 2026.	Cost: free, registration required Eligibility: There is no geographic criteria for the program.	Email: sunshine@rav.org.au Phone: 8311 9222

Groups for Children, Young People and Families

Group	Venue	Dates	Other	Contact
<i>Growing Connections</i> Anglicare Victoria Growing Connections is a 9-week therapeutic groupwork program for mothers and primary aged children post family violence, which supports relationship building and connection between parent and child.	Broadmeadows	Every Monday for 9 weeks, beginning 27 April 2026. Time: 11 am–1:30 pm.	Cost: Free Lunch provided	Name: Shilpa Nagesh Email: Shilpa.Nagesh@anglicarevic.org.au Phone: 0477 553 924

Groups for LGBTIQ+ community

Group	Venue	Dates	Other	Contact
<i>SAVI (Specialist Anti-Violence Intervention)</i> Thorne Harbour Health SAVI (Specialist Anti-Violence Intervention) is a program for LGBTIQ+ people of all genders to change their use of <u>harmful behaviours</u> in relationships.	200 Hoddle St, Abbotsford and online	All year round. Small groups depending on community need.	Cost: free	Name: Wellington Bertalha Email: behaviourchange@thorneharbour.org Phone: 9865 6700

Groups for Men

Group	Venue	Dates	Other	Contact
<i>Men's Behaviour Change Program</i> Sunbury Cobaw Community Health Centre 20-session weekly group program for men who have used intimate partner violence.	12-28 Macedon Street, Sunbury Face to face only.	Groups running on both Mondays and Tuesdays 6:30pm to 8:30pm Weekly	Cost: \$200	Name: Peter Rademaker Email: peter.rademaker@scchc.org.au Phone: 0490 785 437
<i>Men's Behaviour Change Programs</i> Uniting The program is for men who have used violent, controlling and coercive behaviours toward their (past) partner.	188 McDonald's Rd, Epping	Tuesdays 6.00-8.00pm Thursdays (father's only) 6.00-8.00pm	Cost: free	Email: fvip.general@vt.uniting.org. Phone: 9051 2780

Men's Healing and Behaviour Change Programs

Dardi Munwurro

The programs aim to create safe places, so that healing and behaviour change can take place in a non-shaming environment. The aim is to equip Aboriginal men to become leaders, role models and mentors within their communities. The Men's Healing and Behaviour Change Program is delivered in the community and in prisons. See Dardi Munwurro's locations and contact information below.

Group	Venue	Dates	Other	Contact
<i>Men's Healing and Behaviour Change Programs</i> Dardi Munwurro The programs aim to create safe places, so that healing and behaviour change can take place in a non-shaming environment. These are some of the topics covered in the groups:	OFFICE LOCATIONS Central (Preston) 558 High St, Preston Bairnsdale 214 Main St, Bairnsdale Shepparton 336 Wyndham St, Shepparton Warrnambool 81 Liebig St, Warrnambool	Mondays in Preston. Other dates based on location	Participants need to go through an intake process to participate in the Programs.	Name: Ross Morgan (Preston office) Email: intake@dardimunwurro.com.au Phone: 1800 435 799

• Understanding agreements • Accountability • Journey of life • Aboriginal identity and connection • Conflict resolution • Understanding emotions • Understanding violence • Respectful relationships	Morwell 185 Commercial Rd, Morwell Dandenong 44 McCrae St, Dandenong Zoom Online sessions			
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Men's Behavioural Change Program (DBT skills)

DPV Health

Men's Behaviour Change Program (MBCP) Family Violence Program with DBT skills. Participants are required to provide details of their victim survivors so the AFM can be offered support by our Family Safety Contact Team and the participant must respect any IVOs served to them whilst engaging in the program. See DPV Health's location-specific information below

Group	Venue	Dates	Other	Contact
Men's Behaviour Change Program (MBCP) Groupwork Must be over 18yo, requires 2 intake assessment	Online via Teams	Every Thursday 6-8 pm	Cost: free	Name: Thanh Huynh or Alison Harris Email: mbcpintakenema@dpvhealth.org.au Phone: 9408 4827
MBCP Groupwork Must be over 18yo, requires 2 intake assessment	230 Cooper St, Epping	Every Monday 6-8 pm	Cost: free	Name: Thanh Huynh or Alison Harris Email: mbcpintakenema@dpvhealth.org.au Phone: 9408 4827
MBCP Groupwork Must be over 18yo, requires 2 intake assessment	230 Cooper St, Epping	Every Tuesday 6-8 pm	Cost: free	Name: Thanh Huynh or Alison Harris Email: mbcpintakenema@dpvhealth.org.au Phone: 9408 4827
MBCP Groupwork Must be over 18yo,	230 Cooper St, Epping	Every Wednesday 12-2 pm	Cost: free	Name: Thanh Huynh or Alison Harris Email: mbcpintakenema@dpvhealth.org.au

requires 2 intake assessment				Phone: 9408 4827
MBCP Groupwork Must be over 18yo, requires 2 intake assessment	230 Cooper St, Epping	Every Wednesday 6-8 pm	Cost: free	Name: Thanh Huynh or Alison Harris Email: mbcpintakenema@dpvhealth.org.au Phone: 9408 4827
MBCP Groupwork Must be over 18yo, requires 2 intake assessment	230 Cooper St, Epping	Every Thursday 6-8 pm	Cost: free	Name: Thanh Huynh or Alison Harris Email: mbcpintakenema@dpvhealth.org.au Phone: 9408 4827
MBCP Groupwork Must be over 18yo, requires 2 intake assessment	21-27 Hudson Circuit, Meadow Heights	Every Monday 6-8 pm	Cost: free	Name: Thanh Huynh or Alison Harris Email: mbcpintakenema@dpvhealth.org.au Phone: 9408 4827