

# Domestic & Family Violence Support Groups

JULY 2017

**Domestic Violence  
Resource Centre Victoria**

*Preventing violence, promoting respect*



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### FAMILY VIOLENCE GROUPS

## WOMEN

### NORTHERN/WESTERN AND (EASTERN SUBURBS)

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- **INTOUCH** Multicultural Centre against Family Violence provides post-crisis therapeutic group work with CALD women experiencing family violence. INTOUCH partner with different organisations with particular expertise in various cultures. Groups run intermittently for a 6 week period. Contact: 9413 6500

### WESTERN SUBURBS

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- **Connections**—for women who are living in, or who have left, an abusive or hurtful relationship. This group focuses on the aspects of life that sustain people through difficult times. In a safe and respectful environment the Connections group will support women to reconnect with preferred ways of living and hopes for the future. Contact Cohealth counselling intake: 8398 4178 or Mercedes: 9448 6110

### BRUNSWICK / COBURG

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- **Looking Forward**—Merri Community Health runs an empowerment group for women who are living in, or have left, an abusive or hurtful relationship. Childcare available. Contact Cass: 9355 9950

### CRAIGIEBURN

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- **Looking Forward**—Dianella Community Health runs groups at its various locations.  
  
An exploration-based group for women who are living in, or have left, an abusive relationship. Contact Dianella Counselling Intake: 9302 8803

### ELTHAM

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- **Taking Care of Yourself** – Healthability run a short term therapeutic group for women who have been in a hurtful or abusive relationship. Contact phone number: 9430 9100.

### EPPING / LALOR / MILL PARK / THOMASTOWN / WHITTLESEA / BROADMEADOWS

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Anglicare Victoria runs several groups. Contact Paulette on: 9465 0322 or Nic on: 9483 2401

- **Looking Forward**—a support and discussion group for women living in, or who have left, abusive or hurtful relationships. Free childcare.
- **Parenting After Violence**—information sessions for women dealing with the effects of parenting after (or during) family violence.

### HEIDELBERG

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- **Living Well**—for women who are, or who have been, in a hurtful or abusive relationship. Contact Banyule Community Health: Dana 9450 2610 or 9450 2000.

## MELTON / CAROLINE SPRINGS

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The Melton Community Health Centre runs two groups. Contact Intake: 8746 1100

- **Becoming Free (Melton)**—a structured, time-limited group for women who have experienced family violence. Runs every Tuesday from 10.00am to noon
- **Becoming Free**—Better ways of Living (Caroline Springs)—a support group for CALD women who experienced family violence runs every Friday from 10.00am to noon

## PLENTY VALLEY

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- **Keeping Safe, Strong & Smart**—a six-week women’s group to support those who have experienced family violence and to assist in recovering and rebuilding. Contact Plenty Valley Community Health Intake: 9409 8724

## PRESTON / RESERVOIR

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- **Women Standing Strong**—a support group for women who have experienced hurtful or abusive behaviour in relationships. Contact Darebin Community Health-Cassia: 8470 1111

## SUNBURY

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- **Moving On**—for women who have been affected by family violence and are still in the relationship or have left. Contact the Intake Worker, Sunbury Community Health: 9744 4455

## SUNSHINE

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- **Opening the Doors**—An eight week information, education and support program for women who are currently experiencing or have experienced family violence. The group is about empowerment, sharing, recovery and rebuilding your identity using art, discussion, mindfulness and story. Contact Relationships Australia: 8311 9222

## MOTHERS AND THEIR CHILDREN

### BROADMEADOWS

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- **Small Steps; Little Steps** – Broadmeadows Women’s Community House runs a supported playgroup for children under 6 years and their parents. Singing, reading stories, laughing and play in the playground. Confidence building for parents. Bookings essential. Contact: 9309 9433 or 9386 2876

### CRAIGIEBURN

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- **Let’s Play, Let’s Play More** - Broadmeadows Women’s Community House runs supported playgroup for children under 6 years and their parents. Singing, reading stories, laughing and play. Bookings essential. Contact: 9309 9433 or 9386 2876

### DEER PARK

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- **Rhythm and Rhyme**—eight-week group for children (0–4 yrs). A non-judgemental and safe environment for families to develop healthy attachments. Facilitated by Comm-Unity.

Contact Neighbourhood House on 9360 4851 or 9379 0111.

- **Chat & Craft**—a weekly drop-in meeting for women facilitated by Comm-Unity . Contact: 9360 4851

## EPPING

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- **Play and Grow supported play group**—Anglicare Plenty Valley facilitate a playgroup for families with complex needs who live in the city of Whittlesea and have children up to the age of 4 years. Contact Andrea: 9465 0322

## LALOR/BROADMEADOWS

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- **Parenting After Violence**—information sessions for women dealing with the effects of family violence. For further information contact Rita at Anglicare Lalor on 9465 0322

## NORTHERN METROPOLITAN AND OUTER WEST

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- **Bright Futures Therapeutic Creative Arts Groups** – Bright Futures run a range of therapeutic creative arts groups for primary and secondary school aged children as well as infants and mothers who have experienced homelessness and/or family violence. Bright Futures partner with other homelessness and/or family violence programs in the North West Region of Melbourne to run groups. If you are interested in running a group with Bright Futures or would like further information please contact the Bright Futures Group Worker, Talia Barrett, on 9359 5493.

## MILL PARK / THORNBURY

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- **Darebin Koorie Kids Playgroup**—VACCA facilitates a supported parent playgroup for children and their families to gather with other Koorie families. Contact Vickianne at VACCA: 8388 1891

## WESTERN SUBURBS (ROTATED)

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- **SPLASH**—Safe Place for Laughter, Art and Sharing: therapeutic arts for children (8–12 yrs) and their mothers who have experienced family violence. Contact Women’s Health West counselling team on 9689 9588.

## WEST HEIDELBERG

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- **Shine and Grow Supported Play Group**—children’s play group facilitated by CPS and Berry Street through Banyule Community Health for children under primary school age and their parents/care givers. Designed for families in vulnerable circumstances who may have experienced family violence and other issues. Contact Aziza Elhila on 9450 0900 or 9450 4700

## INDIGENOUS WOMEN

- **Elizabeth Morgan House Aboriginal Women’s Services**—runs groups supporting women and their children. Contact: 9482 5744

## PARENTS OF ABUSIVE ADOLESCENTS

### NORTH METRO

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TARA (Teenage Aggression: Responding Assertively)—Berry Street run a workshop for parents who have an adolescent behaving violently at home. Get strategies to reduce violence and improve relationships. Contact: 9450 4700

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## BROADMEADOWS

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**Breaking the Cycle** – A support group for caregivers of adolescents who are violent in the home. Contact: Anglicare Victoria, Angela or Lianna on phone number 9301 5200.

## SEXUAL ABUSE GROUPS

### ADULT WOMEN

#### MELBOURNE METRO

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- **CASA House**—offers several facilitated eight-week support groups throughout the year for women who have had counselling and would like to meet other survivors of childhood and/or adult sexual assault. Contact: 9635 3610

#### NORTH METRO

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- **Northern CASA**—runs groups for women and men who are victims/survivors of childhood and/or adult sexual assault or abuse. Contact: 9496 2240

#### WEST METRO

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- **West CASA**—groups throughout the year for women who are interested in meeting others and moving on from childhood and/or adult sexual abuse. Run by experienced facilitators who ensure a safe environment. Contact Ursula or Melissa on 9687 5811.
  - **Strength to Strength**—supportive and informative for women who have experienced family violence and sexual abuse in their lives.

### FAMILY VIOLENCE GROUPS

## WOMEN

### EASTERN SUBURBS

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- **INTOUCH Multicultural Centre against Family Violence** provides post-crisis therapeutic group work with CALD women experiencing family violence. INTOUCH partner with different organisations with particular expertise in various cultures. Groups run intermittently for a 6 week period. Contact: 9413 6500

### BOX HILL

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- **Making Connections Chinese Women's Group**—for women to share stories and make friends. Topics include: life in Australia, healthy relationships and self-care. Facilitated by Intouch Multicultural Centre against Family Violence. Contact Christine: 9413 6500

### BURWOOD

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- **Single Mums Program**—the Lifecare Women's Centre facilitates a holistic day program for single mums coming out of relationship breakdown, domestic violence and other issues. Facilitated by qualified staff, childcare provided. Contact Program Coordinator, Laura Baxter: 9886 3899

### DONCASTER

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- **Living Free**—a group for women who have experienced past abuse. An eight-session program using art and creativity to explore your experience of family violence. Facilitated by Doncare. Contact Susan or Andrea: 9856 1500. An intake assessment may be required. Other groups provided during the year include:
  - Protective Factors
  - Moving Beyond Trauma
  - Reclaiming Self: Self Respect—an eight-week art therapy group

### FERNTREE GULLY

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**Holding It All Together**—for women who are currently experiencing and/or have experienced family violence. Contact Knox Community Health intake worker: 9757 6200 or 9757 6258.

### KEW

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- **Women Making Choices**—a program for women who have been in, or are currently in, relationships where their experience is a feeling of powerlessness, as a result of experiencing a range of controlling and abusive behaviours. Program runs Tuesday evenings. Contact: Relationships Australia phone number 9261 8727

### LILYDALE

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- **Finding Me Being Free**—eight-week educational family violence support group. Childcare is available. Contact Family violence counsellor, Inspiro: 9738 8801
- Anglicare Lilydale runs several support groups throughout the year. Contact Intake Worker: 9735 4188



## MITCHAM

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### Mitcham Family Violence Service

- **Strategies for Change**—short courses are offered Wednesday mornings during school terms. Courses include:
  - My Life, My Choice
  - Reclaiming and Rebuilding

Low-cost childcare available. For more information, contact: 9874 7417

- **Women’s Discussion and Support Group** - “Women working together”-a peer mentoring and support group for women. This group provides an unstructured community based open forum for women, offering facilitated peer support and strategies for change in a safe and non-judgemental environment. Contact: 9874 7417.

## RINGWOOD EAST

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- **Feelings and Reflections** - is an information sharing and social connectedness group supporting women who have or are experiencing family violence. Facilitated by EACH. The group meets Tuesday evenings. Cost – Free. Contact Paulina: 9837 3985

## WARBURTON

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- **The Redwood Community Centre** – facilitating a 6 week support program for women who have experienced family violence. Contact Details: Kate Barratt – phone 03 5966 2320

## MOTHERS AND THEIR CHILDREN

### KILSYTH

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- **Little Joeys Play Group** - A supported playgroup for women with children aged up to 5 years who have experienced family violence and are now in a safe living environment. Activities for each session include art, singing, storytelling, and opportunities for women and children to enjoy playing, learning and bonding together in a safe space. Lunch is provided for mums and kids.  
This playgroup is facilitated by a Child and Family Clinician and an Allied Health Assistant. Free of Charge. Contact: 9738 8801

### LILYDALE

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- **Mums Guiding Kids Forward**—an eight-week group for mothers who have experienced family violence. This group aims to assist mums to gain additional skills and strategies to meet the challenges of parenting children who have experienced family violence. Contact Sonia Tomasiello at Anglicare Lilydale: 9735 4188

## MITCHAM

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Australian Childhood Foundation—children’s counselling and group work. Contact: 1300 381 581.

## PARENTS OF ABUSIVE ADOLESCENTS

### BOX HILL

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- **Breaking the Cycle**—a group for mothers, fathers, step parents and carers whose adolescents are abusive and/or violent in the home. An opportunity to discuss all issues and learn new skills to better manage challenging situations. Support and strategies to help your son/daughter become more responsible and respectful. Contact: Meridian Intake at Anglicare on 9896 6322.

### EASTERN SUBURBS

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- **Peaceful solutions for families** – group run by EACH to support parents and adolescents in finding better ways to get along.  
Contact Deborah on 8878 3809

## SEXUAL ABUSE GROUPS

### ADULT WOMEN

#### RINGWOOD EAST

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- Eastern CASA runs several groups. Contact the Duty Worker: 9870 7310

Regular groups are also offered for adult survivors of child sexual assault and parents whose children have been sexually assaulted.

#### SURREY HILLS

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Support groups run in conjunction with the Anxiety Recovery Centre on the first Wednesday of every month from 6.30pm to 8.30pm for women who have experienced childhood trauma. Women outside of the area welcome to attend. Contact Tabby Dougall, Holistic Counsellor: 9830 0533 or go to ARCVIC website: [www.arvic.org.au](http://www.arvic.org.au)

### ADULT MEN

- Adult Male Survivors Group—contact the Duty Counsellor, Eastern CASA: 9870 7310

FAMILY VIOLENCE GROUPS

ADULT WOMEN

ASHBURTON

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- **Bouncing back and evolving** - Camcare is running a group for women who have experienced Family Violence which includes emotional, psychological and financial abuse. This group will explore the nature of Family Violence and trauma and provide resources to enable women to move forward.  
Contact: Berna or Jude at CamCare on 9809 9100

BAYSIDE

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- **Back to Me**—An eight week therapeutic support group for women, who have experienced family violence. This program provides a supportive and safe space for women, and an opportunity to enhance self-esteem and build knowledge of impacts of family violence. Contact the duty worker at Salvation Army Family Violence Services on 95367797 or the Family Violence team at Inner South Community Health Centre on 9525 1300.

BURWOOD

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- **Single Mums Program**—the Lifecare Women’s Centre facilitates a holistic day program for single mums coming out of relationship breakdown, domestic violence and other issues. Facilitated by qualified staff, childcare provided. Contact Program Coordinator, Laura Baxter: 9886 3899

CARDINIA / CASEY – BERWICK, NARRE WARREN, CRANBOURNE

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- **Healthy Relationships, Healthy Women**—is a 7 week information support group that assists women to understand the dynamics of family violence and its impact on their relationship with self, others and the community; safety planning; identify signs of family violence; explore the characteristics of healthy relationships. This group provides a safe and supportive environment for women to share their experiences and regain their power to move forward safely.  
Please contact Windermere Child and Family Services (Narre Warren) on 9705 3200.
- **Keeping It Together (KIT) Program**—an educational, supportive program that provides women with the opportunity to improve assertiveness & conflict resolution skills, while enhancing awareness of self-esteem and the importance of self-care. Aims to equip women with the skills necessary to deal with personal, relationship and financial pressures. Contact Casey North Community Information Support Service (CNCISS): 9705 6699

CITY OF MONASH –CLAYTON, GLEN WAVERLEY, OAKLEIGH, MULGRAVE

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- **Women Reclaiming Their Lives**—for women who have experienced, or are living with, violence and abuse at home. Childcare available. Contact: Intake Worker and Link Health on phone number 1300 552 509.

- **Helping Hands** - The aim of this program is to create a safe place for women and their children to meet weekly. Women wanting to make friendships in a non-threatening and supporting environment, to learn more about nutrition, food safety and alternative recipes. This group is open to Preschool aged children to learn and develop through play and warm interactions and to those impacted by trauma. Contact: Rihanat Popoola or Sandra Roberts from Best Chance on 8562 5100.

#### HASTINGS / MORNINGTON / ROSEBUD

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- **Good Shepherd Family Services**—domestic violence groups throughout the year. Contact Intake Worker: 5971 9454

#### SANDRINGHAM / FRANKSTON

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- **Making Choices**—for women who have experienced family violence and who wish to learn how to regain control over their lives. Contact the Intake Worker, Family Life: 8599 5433

#### SOUTH YARRA

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- **Domestic Violence Support Group** – facilitated by the Mental Health Foundation Australia (Victoria) for women at risk in situations involving domestic violence and the accompanying mental health issues that arise. Contact Phone number: 9826 1422 or Email: admin@mentalhealthvic.org.au

#### WINDSOR – INNER SOUTH AND DANDENONG – OUTER SOUTH

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- **New Beginnings:** an eight week group for women who have experienced family violence. It is a supportive group that helps women identify the effects of abusive relationships and progress towards new beginnings through enhanced knowledge and rebuilding self-esteem.

Run by Connections. Contact 9521 5666 (Connections-Windsor) or Contact 8792 8999 (Connections-Dandenong)

## MOTHERS AND THEIR CHILDREN

#### ASHBURTON

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- **Cool Kids**—a therapeutic group for primary school-aged children who have experienced homelessness and family violence. Contact Camcare Family Services: 9809 9108

#### BAYSIDE

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- **Super Kids:** An 8 week program for children aged 5 – 8 years, who have experienced or have been exposed to family violence. The group aims to provide a supportive and safe environment for children with opportunities to; build self-esteem, create new friendships, enhance protective skills, and identify and explore feelings and the idea of safety. Most importantly, these opportunities are explored whilst having fun! Contact Mary at Salvation Army Family Violence Services on 95367797.
- **Peek a Boo:** A 12 week group for mothers with babies under 12 months of age, who have experienced disrupted attachment due to the trauma of family violence. This program provides a supportive and safe infant friendly setting to strengthen the bond between mother and child through play. Contact Mary at Salvation Army Family Violence Services on 95367797

## MIDDLE SOUTH

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- **Emerge Art Therapy Program**—for children who have experienced domestic violence, homelessness or disadvantage. Group and individual program: 4410 7016 or cp@emergesupport.org.au
- **Emerge Peek a Boo program**—for infants and their mothers who have lived with family violence. Contact Emerge: 4410 7016 or cp@emergesupport.org.au

## PAKENHAM

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- **Beyond the Violence**—eight-week program for the non-violent parent and their children. Parents' sessions and children's sessions run at the same time, guided by trained facilitators. Contact Anglicare Barbara: 9781 6700, Karen, or Ariane on 5945 2000.

## WINDSOR – INNER SOUTH & DANDENONG – OUTER SOUTH

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- **The Incredibles**: an eight week program for primary school aged children who have experienced or witnessed family violence. Children learn healthy ways of expressing emotions, particularly anger and frustration. Through fun and creative activities, children learn about safety and developing self-esteem in a social, supportive environment. Contact 9521 5666 (Connections-Windsor) or Contact 8792 8999 (Connections-Dandenong)
- **Fun Buddies**: an eight week program for mothers and toddlers. The group provides an opportunity for positive and fun play experiences for mums and children who have experienced family violence. This program offers support in strengthening the bonds of attachment between mother and child in a safe environment. Contact 9521 5666 (Connections-Windsor) or Contact 8792 8999 (Connections-Dandenong)

## INDIGENOUS WOMEN AND CHILDREN

- **Elizabeth Morgan House Aboriginal Women's Services**—runs groups supporting women and their children. Contact: 9482 5744

## PARENTS OF ABUSIVE ADOLESCENTS

### CITY OF MONASH –CLAYTON, GLEN WAVERLEY, OAKLEIGH, MULGRAVE

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- **Who's in Charge?**—for parents/carers of young people (8–17 yrs), living in the City of Monash, who are violent or defiant. Contact Emily or Libby, Monash Youth & Family Services: 9518 3900

### NARRE WARREN

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- **Who's in Charge?**—eight-week educative group for parents or carers of young people (10–20 yrs) who are violent or defiant. Contact Duty Worker at Connections Uniting Care: 5990 8400

### PRAHRAN / SOUTH MELBOURNE

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- **Who's the Boss?**—group for parents or carers of young people (10–17 yrs) who are abusive towards them. Contact Inner South Community Health: 9525 1300

### ADULT WOMEN

SECASA runs the following groups:

- For women who have had some counselling but would like to meet others facing similar issues. Throughout the year across the region. Contact Sue or Chris: 9594 2289
- **Art Group**—for women who have experienced sexual abuse and are, or have been, clients at SECASA. No previous experience of painting required. Facilitated by artist Anne Riggs. Ceramic project on grief and loss to follow on from painting group. Contact: 9928 8741

### ADULT MEN

SECASA—a caring and confidential environment for men to discuss topics such as dealing with the past, family, ways of coping and nurturing ourselves. Group runs when there are sufficient numbers throughout the year. St Kilda, Dandenong, Pakenham, East Bentleigh, Frankston, Cranbourne and Rosebud areas. Contact: 9928 8741

### PARTNERS OF OFFENDERS

#### DANDENONG

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SECASA—for women whose partners have been sexual offenders. Groups run when sufficient numbers and can be held in alternate locations within the South East region. Contact: 9594 2289

## BARWON SOUTH EAST

### FAMILY VIOLENCE GROUPS

## MOTHERS AND THEIR CHILDREN

### GEELONG

Minerva Community Services facilitates groups for women who have experienced, or are living with, violence and abuse. Contact: 5224 2903

### SEXUAL ABUSE GROUPS

## ADULTS

### GEELONG

Barwon CASA—offers therapeutic groups as follows:

- **Trauma Acceptance Commitment Therapy (TACT)** – a group for women who have experienced Family Violence. It is a group designed to educate women about the nature of violence, support greater understanding of trauma, increased emotional awareness and the use of practical tools to manage the impact of family violence and the challenges of emotional regulation in day to day living.  
Contact: 52224318
- **Connect Program** is designed to enable women to reconnect with their children who have experienced family violence. The group utilizes psycho-education and creative activities to enable mothers to understand how the mother-child bond has been undermined, understand the effects of trauma for themselves and their children, learn skills in self-regulation and ‘tune in’ to their children’s needs; strengthening their relationships.  
Contact: 52224318

## GRAMPIANS

### FAMILY VIOLENCE GROUPS

## WOMEN

### BALLARAT

- **WEAVE** - a psycho educational group for women who have experienced family violence  
Contact: WRISC Family Violence Support on 5333 3666 or  
Ballarat Community Health on 5338 4500.
- **Craft Group** – a closed 2-3 term craft group for women who have experienced family violence or sexual assault.  
Contact WRISC Family Violence Support on 5333 3666 for further information.

## SEXUAL ABUSE GROUPS

### ADULT MEN

Ballarat CASA—for current/upcoming groups contact the Duty Worker (1.00–5.00pm): 5320 3933

## HUME

### FAMILY VIOLENCE GROUPS

#### WOMEN

##### ALBURY / WODONGA

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- **KNOTS**—women who have experienced, or are still experiencing, domestic/family violence. Contact the Albury Wodonga Women’s Centre: 02 6041 1977

##### SHEPPARTON

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- **Touchbase** – Post family violence support group facilitated by VincentCare Shepparton. Contact 03 58 219 458.

## LODDON MALLEE

### FAMILY VIOLENCE GROUPS

#### WOMEN

##### BENDIGO

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- **Future groups** - narrative informed groups for women run every school term in Bendigo and in other parts of the Loddon Area.  
Groups run for children and their mothers in Bendigo and other parts of the Loddon Area.  
Contact: Centre for Non-violence on 5430 3000 or toll free 1800 884 038.
- **Women’s Support Groups** – run by Annie North Inc. to support women and children.  
Groups run during the year at various times.  
Contact: Annie North Inc. on phone number 0418 562 083 to check availability.

##### MILDURA

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- Mallee Domestic Violence Service - for details of groups and support for survivors of family violence contact: 5025 5400.

##### SWAN HILL

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- Mallee Domestic Violence Service - for details of groups and support for survivors of family violence contact: 5033 1899.



## SEXUAL ABUSE GROUPS

### ADULT WOMEN

#### MALLEE AREA

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Mallee Domestic Violence and Sexual Assault Unit—for details of groups and support for survivors of sexual assault contact: 5025 5400

#### SOUTH WEST

#### WARRNAMBOOL

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South West CASA—offers groups for adult victims of sexual assault, when sufficient numbers.  
Contact: 5564 4144

#### WIMMERA

#### HORSHAM

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- **Women's Support Group** - monthly support group for women who have/had issues around family violence. This is an ongoing program run mostly by the women involved.  
Contact: Family violence team at Grampians Community Health on 03 5358 7400

#### STAWELL

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- **Women's Support Group** - an educational, supportive and fun program for women who have/had issues around family violence. Outside group participation with each other is encouraged, whilst maintaining privacy and confidentiality. Limited contact hours.  
Contact: Family violence team at Grampians Community Health on 03 5358 7400

#### GIPPSLAND – INNER AND OUTER

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- **Inspiring Women's Groups** - for women who have/are experiencing family violence, run over 8 weeks. Provides information, education and support.  
Groups held in Latrobe City Council (Morwell), Baw Baw Shire (Warragul) & Wellington Shire (Sale).  
Contact: Quantum on 5120 2000 or 1800 243 455 for more information.

## STATEWIDE

### ABUSE IN CHURCH COMMUNITIES

- Bethel Centre—service for people who have been abused within the Uniting Church. Groups if sufficient numbers. Contact: 9859 8700  
email: [bethel@victas.uca.org.au](mailto:bethel@victas.uca.org.au)  
<http://bethel.victas.uca.org.au>
- Jewish Care Victoria provides a wide variety of community services for Jewish people living in Victoria. Contact phone number: 8517 5999.

## NATIONAL

### ABUSE IN CHURCH COMMUNITIES

- Broken Rites—support for survivors of church-related sexual abuse.  
National hotline: 03 9457 4999  
Mail: PO Box 163, Rosanna VIC 3083 <http://brokenrites.alphalink.com.au>
- Know More - A national service that can provide free legal advice and information for members of the public to explore their legal options in relation to child sexual abuse in institutions. Free advice line: 1800 605 762

## ONLINE

- **Our Place**  
[www.our-place-online.net](http://www.our-place-online.net)  
Online forum for anyone dealing with, or thinks they may be dealing with, verbal, emotional, physical, sexual, spiritual or financial abuse. Created by & for people dealing with abusive behaviour and its consequences.
- **A Cry For Justice**  
[www.cryingoutforjustice.com](http://www.cryingoutforjustice.com)  
This site is for anyone dealing with domestic abuse in a Christian context. Most readers are survivors of domestic abuse. Blog comments moderated for safety and to minimise triggers. Website includes a comprehensive list of secular and Christian resources.

## SEXUAL ABUSE GROUPS

### ADULT MEN

- **Living Well**  
[www.livingwell.org.au](http://www.livingwell.org.au)  
Information and support for men who have been sexually abused in childhood or assaulted as an adult, with the understanding that men and their supporters can face some unique pressures and challenges.