Domestic & Family Violence Support Groups

JANUARY 2017
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FAMILY VIOLENCE GROUPS

WOMEN

BRUNSWICK / COBURG

- **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

- **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

- **Taking Care of Yourself**—Healthability runs 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

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.

Intouch Multicultural Centre Against Family Violence run the following groups:

- **Arabic-Speaking Women’s Group**—for Arabic women looking at healthy relationships. Contact: Elham 9413 6500
- **Making Connections Multicultural Women’s Group**—a group for women to share stories and make friends. Topics of discussion include: life in Australia, resilience and wellbeing, social isolation, building strength and confidence and respectful relationships. Contact: Jennifer Dawson 9413 6500

HEIDELBERG

- **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.

HOPPERS CROSSING / FOOTSCRAY

- **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, Mercedes: 8398 4157 or Cara: 8398 4156.

MELTON / CAROLINE SPRINGS
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**

- **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**

- **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**

- **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**

- **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**

- **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**

- **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**

- **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**
- **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**

- **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 or Margarita at Anglicare Broadmeadows on 9301 5200.

**NORTHERN METROPOLITAN AND OUTER WEST**

- **Bright Futures North and West**—therapeutic creative arts groups for children in primary and secondary school who are supported by homelessness/family violence case managers. Transport available. North West Regional Children’s Resource Program: www.homelesskidscount.org or contact Coordinator, Merri Outreach Support Services-Talia Barrett: 9359 5493

**MILL PARK / THORNBURY**

- **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)**

- **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-Nadine 9689 9588

**WEST HEIDELBERG**

- **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**

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

**BROADMEADOWS**

**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

- **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 sexual assault. Contact: 9635 3610

NORTH METRO

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

WEST METRO

- **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 the Duty Worker: 9687 5811
  - **Strength to Strength**—supportive and informative for women who have experienced family violence and sexual abuse in their lives.
  - **Women Gathering**—for adult women who have experienced child sexual abuse.

EASTERN METRO

FAMILY VIOLENCE GROUPS

WOMEN

BOX HILL

- **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

- **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

- **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
**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**

- **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**

- **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**

**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: 9873 4812

**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: 9873 4812

**RINGWOOD EAST**

- **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**

- **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**

**ASHBURTON**

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

**LILYDALE**

- **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
Australian Childhood Foundation—children’s counselling and group work. Contact: 03 9874 3922.

PARENTS OF ABUSIVE ADOLESCENTS

BOX HILL
- 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.

SEXUAL ABUSE GROUPS

ADULT WOMEN

RINGWOOD EAST
- 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
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 ARVIC website: www.arcvic.org.au

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

SOUTHERN METRO

FAMILY VIOLENCE GROUPS

ADULT WOMEN

CARDINIA / CASEY – BERWICK, NARRE WARREN, CRANBOURNE
- Birds of a Feather—creative arts therapy and support group for women who have experienced family violence. Share stories, support one another and form new friendships. Contact Chloe at Windermere in Narre Warren: 9705 3200
- Healthy Relationships, Healthy Women—educational group that explores violence in relationships and encourages women to share their experiences in a safe environment. Contact Southern Victims Assistance & Counselling Program (VACP): 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

- **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.

HASTINGS / MORNINGTON / ROSEBUD

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

SANDRINGHAM / FRANKSTON

- **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

ST KILDA

- **Women’s Support Group**—an eight-week therapeutic support group for women who have experienced family violence, run in conjunction with the Salvation Army. Contact Simone or Megan from Inner South Community Health: 9525 1300 or Salvation Army Intake: 9536 7797

SOUTH YARRA

- **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

- **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

MIDDLE SOUTH

- **Emerge Art Therapy Program**—for children who have experienced domestic violence, homelessness or disadvantage. Group and individual program: 4410 7016 or tania@emergesupport.org.au

- **Emerge Peek a Boo program**—for infants and their mothers who have lived with family violence. Contact Emerge: 4410 7016

PAKENHAM

- **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.
ST KILDA

- **Super Kids**—for children 5–8 years who have experienced family violence. Contact Rosie, Salvation Army Family Violence Service: 9536 7797

WINDSOR – INNER SOUTH & DANDENONG – OUTER SOUTH

- **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

- **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

- **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

- **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

SEXUAL ABUSE GROUPS

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
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

HUME
FAMILY VIOLENCE GROUPS

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

GRAMPIANS
FAMILY VIOLENCE GROUPS

WOMEN
BALLARAT
For women who have experienced an abusive relationship. Contact Ballarat Community Health Centre: 5338 4500

WRISC—can also provide groups in Daylesford, Bacchus Marsh and Creswick. Contact: 5333 3666

SEXUAL ABUSE GROUPS

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

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 counselling groups on an ‘as needed’ basis. Contact: 5222 4318

WARRNAMBOOL

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

LODDON MALLEE

FAMILY VIOLENCE GROUPS

WOMEN

BENDIGO

- Centre for Non Violence—groups for women, children and parents. Contact: 5430 3000 or toll free 1800 884 038.
- Annie North Inc – Group and individual art therapy for women and children who have experienced or witnessed family violence. Contact: phone number 0418 562 083.

SEXUAL ABUSE GROUPS

ADULT WOMEN

MALLEE AREA

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

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
  http://bethel.victas.uca.org.au
Jewish Care Victoria provide 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

- 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
  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 cryingoutforjustice.com
  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. Includes comprehensive list of secular and Christian resources.