



Family Violence Support Groups in the Northern Metropolitan Region

Term 1, 2025: January - March

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 1, 2025.

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 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>Gowrie Centre Community Room</p> <p>30-54 Johnstone Street, Broadmeadows.</p>	<p>Tuesdays, from 10 am to 12.30pm</p> <p>8 weeks from 11th February to 1st April 2025.</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>Email: nharp@kidsfirstaustralia.org.au</p> <p>Phone: 9450 0900</p>
<p>The Healing Circle</p>	<p>Broadmeadows Women's Community House</p>	<p>Thursdays</p> <p>10 am - 12 pm</p>	<p>Cost: free</p>	<p>Email: nharp@kidsfirstaustralia.org.au</p> <p>Phone: 9450 0900</p>

<p>Kids First Australia - NHARP Team</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>2 Hadfield Court, Broadmeadows.</p>	<p>8 weeks from 13th February to 3rd April 2025.</p>	<p>Eligibility: Woman who live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek.</p>	
<p>Parenting After Violence (PAV)</p> <p>Anglicare Victoria</p> <p>Information session for women dealing with the effects of Family Violence.</p> <p>PAV aims to support women after</p>	<p>Anglicare Victoria – Preston Office</p> <p>42 Mary Street, Preston</p>	<p>Thursdays</p> <p>10 am – 12.30 pm</p> <p>From 6th of March to 27th of March</p>	<p>Cost: Free</p> <p>If care is required, please let organisers know.</p>	<p>Catherine Hadlow (Parentzone)</p> <p>Email: parentzone.northern@anglicarevic.org.au.</p> <p>Phone: (03) 8641 8900</p>

experiencing family violence and assist them with also coping with their children's trauma and often challenging behaviours, whilst dealing with their own stresses as a parent.				
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Groups for Children, Young People and Families

Group	Venue	Dates	Other	Contact
<p>Momentum</p> <p>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 connections and safety, and promote healing from family violence.</p>	<p>Headspace</p> <p>78 Main Street, Greensborough 3088</p>	<p>Wednesdays</p> <p>4 pm - 6 pm</p> <p>8 weeks from 12th February – 2nd April 2025</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>Email: nharp@kidsfirstaustralia.org.au</p> <p>Phone: 9450 0900</p>
<p>Mothers in Mind</p>	<p>Meadowglen Kindergarten</p>	<p>Tuesdays</p> <p>9.30 am – 11.30 am</p>	<p>Cost: free</p> <p>Eligibility: Mothers and their children</p>	<p>Email: nharp@kidsfirstaustralia.org.au</p> <p>Phone: 9450 0900</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>22 – 48 Meadow Glen Drive, Epping.</p>	<p>8 weeks from 11th February to 1st April 2025.</p>	<p>aged between 0 - 5 years old who live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek.</p>	
<p>Youth Early Intervention Behavioural Change Project</p> <p>Supporting young people aged 12-25 and based on Men's Behaviour Change</p>	<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>

<p>key principles, the project:</p> <ul style="list-style-type: none"> • Supports young people for 3-6 months • 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 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</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>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>

<p>delivered in the community and in prisons.</p> <p>It is a statewide service and these are some of the topics covered in the groups:</p> <ul style="list-style-type: none"> • Understanding agreements • Accountability • Journey of life • Aboriginal identity and connection • Conflict resolution • Understanding emotions • Understanding violence • Respectful relationships 	<p>185 Commercial Road, Morwell</p> <p>Dandenong</p> <p>44 McCrae Street, Dandenong</p>			
<p>Men's Behaviour Change Program</p>	<p>12-28 Macedon Street, Sunbury</p>	<p>Wednesdays 6:30pm to 8:30pm</p>	<p>Cost: \$10 per session</p>	<p>Jarryd Pantazis Email: jarryd.pantazis@scchc.org.au</p>

<p>Sunbury Cobaw Community Health Centre</p> <p>20-session weekly group program for men who have used intimate partner violence.</p>		<p>Commencing in late March 2025.</p>		<p>Phone: For new clients, call Intake on 9744 4455</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</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>Cost: free</p>	<p>Tina</p> <p>Phone - 9051 2600</p> <p>Email - Tina.Garofalo@vt.uniting.org</p>

behaviours toward their (past) partner.		Wednesdays (Group A and Group B) 6.00-8.00pm		
<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>	Level 1, Suite 116 40 Burgundy St Heidelberg	<p>Wednesdays 11.00-1.00pm</p> <p>Wednesdays 6.00-8.00pm</p>	Cost: free	<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>	648 High St, Reservoir	<p>Mondays (father's only) 6.00-8.00pm</p> <p>Tuesdays 6.00-8.00pm</p> <p>Thursdays 6.00-8.00pm</p>	Cost: free	<p>Tina</p> <p>Phone - 9051 2600</p> <p>Email - Tina.Garofalo@vt.uniting.org</p>