**Family Violence Support Groups in the Northern Metropolitan Region**

Term 4, 2024: October - December 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 4, 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**](mailto:valentina.b@whin.org.au).

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| **Groups for Women** | | | | |
| **Group** | **Venue** | **Dates** | **Other** | **Contact** |
| ***Connections***  **Kids First Australia - NHARP Team**  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. | **Broadmeadows Women’s Community House**  2 Hadfield Court, Broadmeadows | **Thursdays**  **10am – 12.30pm**  8-week program starting from **17th of October** to **5th of December.** | **Cost:** free  **Eligibility**: Woman who live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek | Maryanne, NHARP Team Leader  Email: [nharp@kidsfirstaustralia.org.au](mailto:nharp@kidsfirstaustralia.org.au)  Mobile: 9450 0900 |
| ***Healing Circle***  **Kids First Australia - NHARP Team**  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. | **Kids First Child & Family Centre**  70 Altona Street, Heidelberg West. | **Tuesdays**  **10 am - 12 pm**  8-week program starting from **15th of October** to **10th of December 2024.** | **Cost:** free  **Eligibility**: Woman who live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek. | Maryanne, NHARP Team Leader  Email: [nharp@kidsfirstaustralia.org.au](mailto:nharp@kidsfirstaustralia.org.au)  Mobile: 9450 0900 |
| ***Living Well Group***  **Banyule Community Health**  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.  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. | Banyule Community Health, 21 Alamein Rd, **Heidelberg West** | Tuesdays  10.00am - 12.30pm | **Cost:** free  **Childcare** limited places - bookings essential. | Dana  Phone: 03 94502610 or Intake at (03) 94502000  Email: [Dana.robson@bchs.org.au](mailto:Dana.robson@bchs.org.au) |

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| **Groups for Children, Young People and Families** | | | | |
| **Group** | **Venue** | **Dates** | **Other** | **Contact** |
| ***Momentum***  **Kids First Australia - NHARP Team**  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. | **Headspace**  78 Main Street, Greensborough 3088 | **Wednesdays**  **4 pm - 6 pm**  8-week program starting from **23rd of October** to **11th of December 2024.** | **Cost**: free.  **Eligibility**: Young people aged 12 to 17 years who live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek. | Maryanne, NHARP Team Leader  Email: [nharp@kidsfirstaustralia.org.au](mailto:nharp@kidsfirstaustralia.org.au)  Mobile: 9450 0900 |
| ***Mothers in Mind***  **Kids First Australia - NHARP Team**  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. | **Meadowglen Kindergarten**  22 – 48 Meadow Glen Drive, Epping. | **Thursdays**  **9.30 am – 11.30 am**  8-week program starting from **17th of October** to **5th of December 2024**. | Cost: free  **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. | Maryanne, NHARP Team Leader  Email: [nharp@kidsfirstaustralia.org.au](mailto:nharp@kidsfirstaustralia.org.au)  Mobile: 9450 0900 |
| ***Breaking the Cycle***  **Anglicare**  An 8-week group program aimed at supporting parents & carers to better respond to their adolescent’s use of violence in the home.  The program is open to anybody providing parenting of adolescents including parents, immediate and extended family and friends and Foster Carers, regardless of their catchment area, including both metro and regional families. | **Online (via Zoom)** | **Tuesdays**  **10 am – 12pm**  From 15th October to 10th December 2024. | Cost: free | Email: [womenshouse@anglicarevic.org.au](mailto:womenshouse@anglicarevic.org.au)  Phone: (03) 9301 5250 |
| ***Youth Early Intervention Behavioural Change Project***  Supporting young people aged 12-25 and based on Men’s Behaviour Change key principles, the project:   * 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. | Sunshine, Werribee, Sunbury and Broadmeadows offices | **Ongoing, based on availability** | **Eligibility**:  Young people aged 12-25 from the City of Brimbank, City of Hume, City of Melton and the City of Wyndham. | Email: [ybcp@youthjunctioninc.net.au](mailto:ybcp@youthjunctioninc.net.au) |

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| **Groups for LGBTIQA+ Community** | | | | |
| **Group** | **Venue** | **Dates** | **Other** | **Contact** |
| ***Futures Free from Violence***  **Drummond Street** **Services**  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. | Face to face | TBC | **Cost**: free | Email: [fffv@ds.org.au](mailto:fffv@ds.org.au)  Phone: 03 9663 6733 |
| **START**  **Thorne Harbour Health**  A group for gay, bi, trans and queer men and nonbinary people who are looking to change their behaviour in relationships.  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. | Online | **Tuesday evenings for 20 weeks**  Start in October 2024 | **Cost**: free | Name: Max Castle  Email: [behaviourchange@thorneharbour.org](mailto:behaviourchange@thorneharbour.org)  Phone: 0437916023 |
| **Groups for Men** | | | | |
| **Group** | **Venue** | **Dates** | **Other** | **Contact** |
| ***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. | OFFICE LOCATIONS **Central** (Preston)  558 High Street, Preston  **Bairnsdale**  214 Main Street, Bairnsdale  **Shepparton**  336 Wyndham Street, Shepparton  **Warrnambool**  81 Liebig Street, Warrnambool  **Morwell**  185 Commercial Road, Morwell  **Dandenong**  44 McCrae Street, Dandenong | Various dates based on location | Participants need to go through an intake process to participate to the Programs. | Phone: 1800 435 799  intake@dardimunwurro.com.au |
| ***Men’s Behaviour Change Program***  **Sunbury Cobaw Community Health Centre**  20-sesssion weekly group program for men who have used intimate partner violence. | 12-28 Macedon Street, **Sunbury**  **Face-to-face only** | **Tuesday evenings**  6:30pm to 8:30pm  Starts in November 2024 | **Cost**: $10 per session | **Jarryd Pantazis**  Email: [jarryd.pantazis@scchc.org.au](mailto:jarryd.pantazis@scchc.org.au)  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 (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.  Cohorts and languages: Afghan Cohort (in Dari/Farsi), South Asian Cohort (in Hindi and English). | TBC | TBC | **Cost:** free | Email: mfc@intouch.org.au  Phone: 03 9413 6500 |
| ***Men’s Behaviour Change Programs***  **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** | **Tina**  Phone - 9051 2600  Email - [Tina.Garofalo@vt.uniting.org](mailto:Tina.Garofalo@vt.uniting.org) |
| ***Men’s Behaviour Change Programs***  **Uniting**  The program is for men who have used violent, controlling and coercive behaviours toward their (past) partner. | **Online** | Mondays (Group A, Group B and Group C)  6.00-8.00pm    Tuesdays  6.00-8.00pm    Wednesdays (Group A and Group B)  6.00-8.00pm | Cost: **free** | **Tina**  Phone - 9051 2600  Email - [Tina.Garofalo@vt.uniting.org](mailto:Tina.Garofalo@vt.uniting.org) |
| ***Men’s Behaviour Change Programs***  **Uniting**  The program is for men who have used violent, controlling and coercive behaviours toward their (past) partner. | Level 1, Suite 116  40 Burgundy St **Heidelberg** | Wednesdays 11.00-1.00pm    Wednesdays 6.00-8.00pm | Cost: **free** | **Tina**  Phone - 9051 2600  Email - [Tina.Garofalo@vt.uniting.org](mailto:Tina.Garofalo@vt.uniting.org) |
| ***Men’s Behaviour Change Programs***  **Uniting**  The program is for men who have used violent, controlling and coercive behaviours toward their (past) partner. | 648 High St, **Reservoir** | Mondays 6.00-8.00pm    Tuesdays 6.00-8.00pm    Thursdays 6.00-8.00pm | Cost: **free** | **Tina**  Phone - 9051 2600  Email - [Tina.Garofalo@vt.uniting.org](mailto:Tina.Garofalo@vt.uniting.org) |
| ***Men’s Behaviour Change Programs***  **Uniting**  The program is for men who have used violent, controlling and coercive behaviours toward their (past) partner. | 648 High St, **Broadmeadows** | Wednesdays 6.00-8.00pm | Cost: **free** | **Tina**  Phone - 9051 2600  Email - [Tina.Garofalo@vt.uniting.org](mailto:Tina.Garofalo@vt.uniting.org) |