



## 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).

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

<p>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.</p>				
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## Groups for Children, Young People and Families

Group	Venue	Dates	Other	Contact
<p><b>Momentum</b></p> <p><b>Kids First Australia - NHARP Team</b></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><b>Headspace</b></p> <p>78 Main Street, Greensborough 3088</p>	<p><b>Wednesdays</b></p> <p><b>4 pm - 6 pm</b></p> <p>8-week program starting from <b>23<sup>rd</sup> of October to 11<sup>th</sup> of December 2024.</b></p>	<p><b>Cost:</b> free.</p> <p><b>Eligibility:</b> Young people aged 12 to 17 years who live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek.</p>	<p>Maryanne, NHARP Team Leader Email: <a href="mailto:nharp@kidsfirstaustralia.org.au">nharp@kidsfirstaustralia.org.au</a></p> <p>Mobile: 9450 0900</p>
<p><b>Mothers in Mind</b></p> <p><b>Kids First Australia - NHARP Team</b></p>	<p><b>Meadowglen Kindergarten</b></p> <p>22 – 48 Meadow Glen Drive, Epping.</p>	<p><b>Thursdays</b></p> <p><b>9.30 am – 11.30 am</b></p> <p>8-week program starting from <b>17<sup>th</sup> of</b></p>	<p>Cost: free</p> <p><b>Eligibility:</b> Mothers and their children aged between 0 - 5 years old who</p>	<p>Maryanne, NHARP Team Leader Email: <a href="mailto:nharp@kidsfirstaustralia.org.au">nharp@kidsfirstaustralia.org.au</a></p> <p>Mobile: 9450 0900</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><b>October to 5<sup>th</sup> of December 2024.</b></p>	<p>live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek.</p>	
<p><b>Breaking the Cycle</b> <b>Anglicare</b></p> <p>An 8-week group program aimed at supporting parents &amp; carers to better respond to their adolescent's use of</p>	<p><b>Online (via Zoom)</b></p>	<p><b>Tuesdays</b> <b>10 am – 12pm</b></p> <p>From 15<sup>th</sup> October to 10<sup>th</sup> December 2024.</p>	<p>Cost: free</p>	<p>Email: <a href="mailto:womenshouse@anglicarevic.org.au">womenshouse@anglicarevic.org.au</a></p> <p>Phone: (03) 9301 5250</p>

<p>violence in the home.</p> <p>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.</p>				
<p><b>Youth Early Intervention Behavioural Change Project</b></p> <p>Supporting young people aged 12-25 and based on Men's Behaviour Change key principles, the project:</p>	<p>Sunshine, Werribee, Sunbury and Broadmeadows offices</p>	<p><b>Ongoing, based on availability</b></p>	<p><b>Eligibility:</b> Young people aged 12-25 from the City of Brimbank, City of Hume, City of Melton and the City of Wyndham.</p>	<p>Email: <a href="mailto:ybcp@youthjunctioninc.net.au">ybcp@youthjunctioninc.net.au</a></p>

<ul style="list-style-type: none"><li>• Supports young people for 3-6 months</li><li>• Builds connection to education and work ready skill development</li><li>• Supports and role models safe respectful relationships.</li><li>• Developing emotional regulation, impulse control and decision making.</li></ul>				
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Groups for LGBTIQ+ Community				
Group	Venue	Dates	Other	Contact
<p><b>Futures Free from Violence</b></p> <p><b>Drummond Street Services</b></p> <p>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.</p>	Face to face	TBC	<b>Cost:</b> free	Email: <a href="mailto:fffv@ds.org.au">fffv@ds.org.au</a>  Phone: 03 9663 6733
<p><b>START</b></p> <p><b>Thorne Harbour Health</b></p> <p>A group for gay, bi, trans and queer</p>	Online	<p><b>Tuesday evenings for 20 weeks</b></p> <p>Start in October 2024</p>	<b>Cost:</b> free	Name: Max Castle  Email: <a href="mailto:behaviourchange@thorneharbour.org">behaviourchange@thorneharbour.org</a>  Phone: 0437916023

<p>men and nonbinary people who are looking to change their behaviour in relationships.</p> <p>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.</p>				
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Groups for Men				
Group	Venue	Dates	Other	Contact
<p><b>Men's Healing and Behaviour Change Programs</b></p> <p><b>Dardi Munwurro</b></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 delivered in the</p>	<p>OFFICE LOCATIONS</p> <p><b>Central</b> (Preston)</p> <p>558 High Street, Preston</p> <p><b>Bairnsdale</b></p> <p>214 Main Street, Bairnsdale</p> <p><b>Shepparton</b></p> <p>336 Wyndham Street, Shepparton</p> <p><b>Warrnambool</b></p> <p>81 Liebig Street, Warrnambool</p> <p><b>Morwell</b></p> <p>185 Commercial Road, 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>

community and in prisons.	<b>Dandenong</b>  44 McCrae Street, Dandenong			
<b>Men's Behaviour Change Program</b>  <b>Sunbury Cobaw Community Health Centre</b>  20-session weekly group program for men who have used intimate partner violence.	12-28 Macedon Street, <b>Sunbury</b>  <b>Face-to-face only</b>	<b>Tuesday evenings</b> 6:30pm to 8:30pm  Starts in November 2024	<b>Cost:</b> \$10 per session	<b>Jarryd Pantazis</b> Email: <a href="mailto:jarryd.pantazis@scchc.org.au">jarryd.pantazis@scchc.org.au</a>  For new clients, call Intake on 9744 4455
<b>Motivation for Change</b>  <b>InTouch</b>  The Motivation for Change (MfC) program is designed for men from culturally and linguistically diverse	TBC	TBC	<b>Cost:</b> free	Email: <a href="mailto:mfc@intouch.org.au">mfc@intouch.org.au</a>  Phone: 03 9413 6500

<p>(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.</p> <p>Cohorts and languages: Afghan Cohort (in Dari/Farsi), South Asian Cohort (in Hindi and English).</p>				
<p><b>Men's Behaviour Change Programs</b></p> <p><b>Uniting</b></p>	<p>188 McDonald's Rd, <b>Epping</b></p>	<p>Tuesdays 6.00-8.00pm</p> <p>Thursdays (father's only) 6.00-8.00pm</p>	<p>Cost: <b>free</b></p>	<p><b>Tina</b></p> <p>Phone - 9051 2600</p> <p>Email - <a href="mailto:Tina.Garofalo@vt.uniting.org">Tina.Garofalo@vt.uniting.org</a></p>

<p>The program is for men who have used violent, controlling and coercive behaviours toward their (past) partner.</p>				
<p><b>Men's Behaviour Change Programs</b></p> <p><b>Uniting</b></p> <p>The program is for men who have used violent, controlling and coercive behaviours toward their (past) partner.</p>	<p><b>Online</b></p>	<p>Mondays (Group A, Group B and Group C) 6.00-8.00pm</p> <p>Tuesdays 6.00-8.00pm</p> <p>Wednesdays (Group A and Group B) 6.00-8.00pm</p>	<p>Cost: <b>free</b></p>	<p><b>Tina</b> Phone - 9051 2600 Email - <a href="mailto:Tina.Garofalo@vt.uniting.org">Tina.Garofalo@vt.uniting.org</a></p>
<p><b>Men's Behaviour Change Programs</b></p> <p><b>Uniting</b></p> <p>The program is for men who have used violent, controlling and coercive</p>	<p>Level 1, Suite 116 40 Burgundy St <b>Heidelberg</b></p>	<p>Wednesdays 11.00-1.00pm</p> <p>Wednesdays 6.00-8.00pm</p>	<p>Cost: <b>free</b></p>	<p><b>Tina</b> Phone - 9051 2600 Email - <a href="mailto:Tina.Garofalo@vt.uniting.org">Tina.Garofalo@vt.uniting.org</a></p>

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<p><b>Men's Behaviour Change Programs</b></p> <p><b>Uniting</b></p> <p>The program is for men who have used violent, controlling and coercive behaviours toward their (past) partner.</p>	648 High St, <b>Reservoir</b>	<p>Mondays 6.00-8.00pm</p> <p>Tuesdays 6.00-8.00pm</p> <p>Thursdays 6.00-8.00pm</p>	Cost: <b>free</b>	<p><b>Tina</b></p> <p>Phone - 9051 2600</p> <p>Email - <a href="mailto:Tina.Garofalo@vt.uniting.org">Tina.Garofalo@vt.uniting.org</a></p>
<p><b>Men's Behaviour Change Programs</b></p> <p><b>Uniting</b></p> <p>The program is for men who have used violent, controlling and coercive behaviours toward their (past) partner.</p>	648 High St, <b>Broadmeadows</b>	Wednesdays 6.00-8.00pm	Cost: <b>free</b>	<p><b>Tina</b></p> <p>Phone - 9051 2600</p> <p>Email - <a href="mailto:Tina.Garofalo@vt.uniting.org">Tina.Garofalo@vt.uniting.org</a></p>