



Northern Integrated Family Violence Services



TERM 3, 2013: 15 July – 20 September

Calendar of Support Groups in the NMR addressing Family Violence, Trauma & Difficult Relationships

This calendar has been collated with information provided by community group work service providers. The aim of the calendar is to assist service providers to support women, children and men to access appropriate family violence support groups. A new calendar is produced to coincide with the school term and will include the most accurate information available.

It is important to contact the agency conducting the group before referring a service user to ensure that the group is appropriate and will meet their needs. For more information on a group, please use the contact details provided. The costs of attendance at the groups vary - the majority of the groups have no charge but it is important to check.

If you would like to include your group included on the calendar or would like further information about the calendar please contact Carmen Hawker at Women's Health In the North on 03 9484 1666 or carmenh@whin.org.au

If a woman is immediate danger call the police on **000**.

For support, information and referral service for women and their children in the Northern region who have experienced, or are escaping family violence, please call:

- Women's Domestic Violence Crisis Service - **1800 015 188 / 03 9373 0123** - 24 hour emergency help
- Berry Street Victoria Northern Region Family Violence Service - **03 9450 4700** - 9am to 5 pm Monday – Friday

For referral options beyond the Northern region, please refer to the list of state-wide referral options for domestic and family violence, produced by DVRCV in March 2013: <http://www.dvrcv.org.au/wp-content/uploads/ReferralOptions.pdf>

Groups for women who have experienced family violence

GROUP	TIME AND VENUE	CONTACT DETAILS
<p>Moving On Sunbury Community Health Service is running an 8 week group for women who have experienced family violence and are looking to move forward in their lives.</p>	<p>Location: Sunbury area Date: TBC Cost: Free of charge Childcare: Unavailable</p>	<p>Contact: Kaye or Joy at Sunbury Community Health on (03) 9744 4455</p>
<p>Parenting After Violence (Anglicare) A four week group for women parenting their children after (or during) family violence and dealing with its effects on them and their children. This group is a partnership between Anglicare Plenty Valley and Parentzone. Women living in the northern region of Melbourne are eligible.</p>	<p>Location: Lalor area Dates: Mondays 12 and 19 August, and also 2 and 9 Sept Time: 10 am – 1 pm Cost: Free. Morning tea provided Childcare: limited childcare available on site. Bookings essential</p>	<p>Contact: Jackie 9465 0322</p>
<p>Looking Forward (Merri Community Health Service) A group for Arabic speaking women (facilitated in both English and Arabic) focusing on Healthy Family Relationships.</p>	<p>Location: Coburg area Dates: Monday 21 October 2013 to 2nd December 2013 (Term 4) Time: 10am to 12.30pm Cost: Free Childcare: Not provided on site but can assist with childcare support.</p>	<p>Contact: Cass 9355 9900 Coburg Office, Amuna 9357 2244 Fawkner Office</p>
<p>Stepping Out (Kildonan) A therapeutic and educational group for women who have experienced violence.</p>	<p>Location: Kildonan, 648 High Street Reservoir Dates: 22/07/2013 (8 weeks) Time: Monday afternoons 1.30pm – 3pm Cost: Free Childcare: Will be provided free</p>	<p>Contact: Kayti Franklin kfranklin@kildonan.org.au 9401 0100</p>
<p>Creative Space</p>	<p>Location: Life Works CBD</p>	<p>For more information, call Sue on</p>

A short term group art program designed to provide a space for reflection, creating and healing for women recovering from the effects of family violence.	Date: Wednesdays July 31- September 4 Time: 10am-1pm	8650 6200 or visit www.lifeworks.com.au
Yoga for victim/survivors of sexual assault	Location: Heidelberg repat Campus, Austin Hospital Date: TBC	Contact Northern Centre Against Sexual Assault for more information on 9497 1768
Young Women's Group	Location: Heidelberg repat Campus, Austin Hospital Date: TBC	Contact Northern Centre Against Sexual Assault for more information on 9497 1768

Groups for children		
GROUP	TIME AND VENUE	CONTACT DETAILS
<p>Play and Grow Supported Playgroup (Anglicare)</p> <p>This is a playgroup for families with complex needs who live in the Whittlesea LGA, and who have children up to 4 years old. The group aims to provide a safe environment for families to have fun, play and learn with each other. Typically, mothers and fathers attending this group may require support around the following: developmental delay of a child, mental health issues, intellectual disability, family violence or social isolation. This group is a partnership with Enhanced Maternal and Child Health.</p>	<p>Location: Epping Dates: Fridays 2nd August – 20 Sept Time: 10 am – 12 noon Cost: Free. Healthy morning tea provided for children. Childcare: not applicable</p>	<p>Contact: Duty worker at Anglicare 9465 0322</p>

<p>Bright Futures Children’s Specialist Support Service Facilitates therapeutic creative arts groups for children, aged 5 to 12 years, affected by homelessness and/or family violence. Bright Futures covers the North West Metropolitan region and runs groups in partnership with other agencies in the region.</p>	<p>Location: Preston area Dates: TBC but beginning week 3 of term Time: TBC Cost: Free Childcare: N/A</p>	<p>Contact: Talia at Merri Outreach Support Service on 9359 5493 or at brightfutures@merri.org.au</p> <p>Please contact for more information and to discuss potential group referrals.</p>
<p>‘Kids Grieve Too’ (KG2) – Aust. Centre for Grief & Bereavement with Darebin Family Services & Anglicare Family Services Preston Support program to meet the needs of bereaved children. A caring and supportive environment is provided to assist children to explore and express their experience of bereavement, and to develop resilience and resources to manage this experience.</p>	<p>Location: 239 Murray Rd, Preston Dates: Every second Friday for 8 fortnights, starting Fri 26 July Time: 4.00 – 5.30 Cost: gold coin towards snack Childcare: N/a</p>	<p>Contact: Allen Jeffress 9265 2100 or 1300 664 786</p>
<p>Young Parents Playgroup A fun space for young mums and children (0-5) to meet, play, enjoy art activities, outdoor playground and more. Any mum 23 years or younger from within City of Whittlesea is invited to come along. Free excursions every term (e.g. Melbourne Zoo)</p>	<p>Location: Boori Children’s Services Centre, 21 Winchester Avenue Epping Date: Every Thursday during school term Time: 11:00am-1:00pm</p>	<p>Contact: Baseline on (03) 9404 8800 or email baseline@whittlesea.vic.gov.au</p>
<p>VACCA- Playgroups for Aboriginal children ages 0-5 and their families and carers which offer transport, lunch and afternoon tea. Culture based playgroup with holistic support services at times.</p>	<p>Location: Tuesdays in Thornbury, Wednesdays in Thomastown, Thursdays in Coburg, Fridays in Roxburgh Park and Mondays a group activity e.g. Childs Play in Epping, Time: 11am-1.30pm.</p>	<p>Contact Vickianne Purcell 0409098989.</p>

Groups for men

GROUP	TIME AND VENUE	CONTACT DETAILS
<p>Men's Business A Sunbury Community Health Men's Behaviour Change group.</p>	<p>Location: Sunbury area If you are interested in attending please contact Sunbury Community Health for an initial assessment. This group runs every 14 weeks for two hours.</p>	<p>Contact: Craig or Joy at Sunbury Community Health on (03) 9744 4455</p>
<p>The Men's Behaviour Change Program at Kildonan Uniting Care Helping men address male family violence.</p>	<p>Location: Level 1/81 Burgundy Street, Heidelberg Dates: Ongoing, Tuesday and Wednesday night Time: 6pm-8pm Cost: \$10 per group work session Childcare: no</p>	<p>Contact: Stephen Herd, Intake Coordinator, 9457 0500</p>
<p>Northern Centre Against Sexual Assault Support Group for Men who have experienced sexual abuse</p>	<p>Location: Repat Hospital, Heidelberg Dates: July-Sep 2013 Time: 6-8pm, Thursdays Cost: Free Childcare: No</p>	<p>Contact: Cameron 9496 2240</p>
<p>We're A Family – Group work program for Dads who don't always live with their kids (Facilitated by CPS at the Greensborough FRC) Group work for non-resident fathers designed to explore how their relationships with family and significant others influence their child's development.</p>	<p>Location: Greensborough Family Relationship Centre 79 Grimshaw Street, Greensborough Dates: Thursday 20th June 2013 to Thursday 11th July 2013 Time: 6-8pm Cost: Free Childcare: Not available</p>	<p>Contact: Jen Nield 9450 0900 jnield@cps.org.au</p>

<p>Inroads Relationships Australia Victoria is running a weekly ongoing men's behaviour change group. The group is designed for men who have a problem with violent, abusive or controlling behaviour.</p>	<p>Location: 46 Princess Street, Kew Date: Time: 6:30pm-8:30pm Cost: \$35 per session, \$25 Concession</p> <p><i>Please call for an assessment before registering. Assessment fee \$65 for two assessments.</i></p>	<p>For more information or to book an initial assessment please call Relationships Australia Victoria on (03) 9261 8727 or (03) 9261 8700.</p>
<p>Men's Behaviour Change Program This program, run by Plenty Valley Community Health, uses a healthy mix of factual information and education for men with abusive and violent behaviour. The program uses group learning techniques to:</p> <ul style="list-style-type: none"> • Teach men how to become more aware of their own, and other men's, abusive and violent behaviours • Take responsibility for their own abuse and violence • Build knowledge of alternative behaviours to abuse and violence • Provide safer outcomes for men, their partners and their children in relationships 	<p>Location: 187 Cooper Street, Epping Dates and times to be confirmed.</p>	<p>For further information please contact the PVCH Intake Service on (03) 9409 8724.</p>
<p>Keeping It Cool Workshop- PVCH This workshop is for men who want to learn new ways of managing their anger or abusive behaviour. This basic introductory workshop will offer practical strategies for managing behaviour.</p>	<p>Location: 187 Cooper Street, Epping Dates and times to be confirmed.</p>	<p>For further information please contact the PVCH Intake Service on (03) 9409 8724.</p>

<p>African Dads and Kids Camps The African Dads and Kids Program takes fathers away with one of their children for a weekend of fun, bonding activities and learning. The men explore the differences between being a father in Africa and a father in Australia and discuss how to address the challenges they and their children face in adapting to a new culture and new roles.</p>	<p>Locations: The second program - Anglesea 16th, 17th and 18th of August - is for "All" previous participants and new participants.</p> <p>Fathers are invited to bring along one of their children between the ages of 8 - 16.</p> <p>Cost: Free but places are limited.</p>	<p>If you have any enquiries, please contact the program co-ordinator Kate McKernin on 0418446692 or email your registration to africandadsandkids@ccam.org.au</p>
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Other groups and resources		
GROUPS AND RESOURCE	TIME AND VENUE	CONTACT DETAILS
<p>Multicultural Women's Friendship Group (Anglicare) An activity-based group for women with children up to 18 living in the Whittlesea LGA and who are from diverse cultures and experiences to come together to develop friendships and break down social isolation.</p>	<p>Location: Anglicare Plenty Valley Family Services 8 Hurtle St Lalor 3075 Dates: Wednesdays 24th July – 4th Sept Time: 10 am – 12.30 pm Cost: Free. Morning tea provided Childcare: limited childcare available off site</p>	<p>Contact: Mary 9465 0322</p>
<p>Yoga and Meditation - A group for women (Anglicare) This group will be held in a safe and nurturing atmosphere that fosters serenity, promotes a healthier and happier self; a confident self-image and vitality. We will do gentle physical postures to increase strength and flexibility, release tensions and relax.</p>	<p>Location: Anglicare Plenty Valley Family Services 8 Hurtle St Lalor 3075 Dates: Tuesdays Aug 13 – Sept 17 Time: 10.30 – 12.30 Cost: Free. Morning tea provided Childcare: limited childcare available off site. Bookings essential.</p>	<p>Contact: Kathleen 9465 0322</p>

<p>Tuning in to Kids (Dianella Community Health)</p> <p>This group will help parents:</p> <ul style="list-style-type: none"> • Be more aware and accepting of emotions in themselves and their child • Develop skills to help their child name emotions • Have more empathic responses to their child • Share more of the emotional aspects of life with their child • Use Emotion Coaching when solving problems • Know when not to use Emotion Coaching • Develop their own emotional self-care and anger regulation skills. 	<p>Location: DHC- 55 Craigieburn Rd. Craigieburn Dates: 6th August - 10th September Time: 10am-12pm Cost: Free Childcare: N/A</p>	<p>Contact: Counselling Intake 9302 8803 <i>Registration Essential</i></p>
<p>Meditation for Relaxation Group (Dianella Community Health)</p> <p>The group aims to:</p> <ul style="list-style-type: none"> • Learn ways to apply meditation to everyday life. • Learn new skills through different meditation practices & mindfulness techniques • Teach you to meditate (relax the body & calm the mind). 	<p>Location: Broadmeadows Health Service - 35 Johnson Street Broadmeadows. Dates: TBA Time: 10.30-12pm Cost: Free Childcare: N/A</p>	<p>Contact: Counselling Intake 93028803 <i>Registration Essential</i></p>
<p>Anglicare Victoria Family Services Breaking the Cycle <i>Breaking the Cycle</i> is an educational/support group for parents whose adolescent children</p>	<p>Location: Anglicare Victoria, 32 Railway Cres, Broadmeadows Dates: 17th, 24th, 31st July. 7th,14th,21st,28th, August, 4th September Time: 6.00 pm – 8.00 pm</p>	<p>Contact: To make a referral or arrange an intake interview, contact Nicole Shaw/Ange Polykandrites</p>

<p>perpetrate abusive behaviours in the home. This program is a highly specialised approach to helping parents develop better ways of keeping themselves and their children safe from violence/abuse. The group also aims to teach parents effective ways of influencing their adolescent children to cease their use of abusive behaviours, and begin to relate to family members in more healthy ways.</p>	<p>Cost: Free Childcare: None</p>	<p>Ph) 9301 5200 (business hours)</p>
<p>The Sanctuary (Kildonan) The Sanctuary is a drop in supportive place for women and children who have experienced violence. It provides a cuppa, activities, arts/crafts and play for all.</p>	<p>Location: Kildonan, 188 McDonalds Road, Epping Dates: Every Wednesday morning starting 19th June Time: 10am – 12pm Cost: Free Childcare: No but children welcome</p>	<p>Contact: Shelly 0418 393 728 Or Kayti on 9401 0100 kfranklin@kildonan.org.au</p>
<p>Tuning in to Teens (Broadmeadows FRC) Tuning into Teens supports parents as their child begins to experience the changes of adolescence, including big changes in their: body (puberty), brain (new growth), emotions (greater emotional ability) and personality.</p>	<p>Location: Family Relationship Centre, Level 1/1100 Pascoe Vale Rd Broadmeadows Dates: Commencing on 1st August for six weeks Time: 6 – 8pm Cost: Free</p>	<p>Contact: Donna 93513700 for more information</p>
<p>Tuning in to Teens Tuning in to Teens is a parenting program (just for parents) that helps you understand the changes that affect teen’s emotional development. Tuning in to Teens helps parents better understand their teen’s emotions. It helps parents understand adolescent emotional development, and promotes connection and cooperation, rather than family conflict. This 8 week group aims to teach parents skills in supporting teens to label emotions, communicate and manage their emotions and behaviour.</p>	<p>Location: The Exchange Room, Merri Community Health Services, Vic Place, 21 Victoria Street, Coburg Dates: 24 July - 11 September 2013 (8 weeks in School Term 3) Time: Wednesdays 10 am – 12 noon</p>	<p>Contact: Jane Miller on (03) 9355 9980 (Mon-Thurs), Adrian Harris on (03) 9355</p>

<p>We're a Family (Merri Community Health Service)</p> <p>This groups is for expectant parents that will help you:</p> <ul style="list-style-type: none"> • Move into parenthood with confidence • Plan for the challenges of family life • Look after everyone in your • Understand your partner/ • Be the parent your child needs 	<p>Location: Merri Community Health Services, Vic Place, 21 Victoria Street, Coburg</p> <p>Dates: Tuesday June 18, Tuesday July 1, from 1 to 4pm</p> <p>Cost: Free, but bookings essential.</p>	<p>Contact: Jen Nield, CPS, (03) 9450 0900, jnield@cps.org.au</p>
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