



Domestic Violence Support Group

You are not alone.

This group provides a safe, confidential and supportive space for women who have experienced domestic violence. We acknowledge the strength gained through solidarity in experience, walking alongside you in your journey of self-awareness.

Each group will work towards allowing recognition, practical solutions and understanding, to begin the healing process - focusing on the unique needs of the women in each individual group.

Discussion within this safe and supportive environment will focus on your needs as you work through the effects of violence on you, your family and your children.

Together we will help you explore your survival, strengths and power to regain control, moving forward towards a brighter future for you and your family.



6 week program



**Childcare Available
(Limited Places)**



**Empowering you with
a pathway for change**