



Nurture Forward

A Healing Space for Parents & Caregivers After Family Violence

Nurture Forward is a warm, supportive group designed for parents and caregivers who have experienced family violence and are ready to take steps toward healing and growth. Grounded in a trauma-informed parenting framework, this program gently guides participants through different parenting styles and strategies that foster safety, connection and trust within the family.

You'll have opportunities to:

- Learn practical tools for trauma-informed parenting
- Rebuild and nurture positive family relationships
- Share experiences in a non-judgmental, caring environment
- Enjoy fun, creative, and restorative group activities
- Connect with others who truly understand and maybe even make lifelong friends

DATE: 12 & 19 February 2026

TIME: 10.00am - 12.00pm

LOCATION: Our Place Seymour

COST: Free

For all enquiries and bookings, please email:
womenandchildrensprogram@anglicarevic.org.au
or call 9896 6375

Facilitated by: Anglicare - Goulburn Family Violence Therapeutic Interventions Team.

Join us in a space where learning and laughter go hand-in-hand with healing and hope.