

Making changes for new beginnings



A therapeutic support group for women

Do you feel scared, intimidated, threatened or unsafe in your relationship with your partner?

Do you have control of your finances?

Does your partner blame you for their abusive behaviour?

Making Changes for New Beginnings is an 8-week support group for women who have experienced family violence.

The group aims to help you identify the effects of abusive relationships and create new beginnings for yourself.

Some topics covered include:

- Cycle of violence
- Difference between anger and violence
- Healthy and unhealthy relationships
- Safety planning
- Parenting after family violence

Cost
Free

Date
The group runs once a week for eight weeks during the school term.

Time
Mornings

Venue
Narre Warren

Get in touch
For more information or to make a referral, contact Samantha on 03 8792 8999.

Uniting