



**CALL
03 9781 6767
FOR MORE
INFORMATION**

Beyond the Violence is a free 8-week program for women and children who have experienced family violence.

The program runs from 4 pm to 6.30pm during school terms. It is run in various locations including Cranbourne, Dandenong, Rosebud, Cardinia and Frankston.

To find out more contact Parentzone on 03 9781 6767



**BETTER
TOMORROWS**

OUR FOCUS IS ON
TRANSFORMING THE
FUTURES OF CHILDREN
AND YOUNG PEOPLE,
FAMILIES AND ADULTS.
OUR WORK IS BASED ON
THREE GUIDING PILLARS;
PREVENT, PROTECT,
EMPOWER.

🌐 anglicarevic.org.au
✉ info@anglicarevic.org.au
☎ 1800 809 722
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Beyond The Violence

An 8-week program for women and children impacted by family violence.

**BETTER
TOMORROWS**

Aims of the program

Families establish safety, rebuild family relationships and move forward with their lives following family violence.

BEYOND THE VIOLENCE



What happens at the program?

The program runs over 8 weeks with a group for mums and a group for children (2-hour session) followed by a 20-minute family session.

What happens in the parent's room?

- Understand the impacts of violence on you and your children
- Build resilience
- Reshape life pathways
- Rebuild or establish trust within the family
- Deal with children's behaviour
- Make connections with others who have had the same experience.

What happens in the children's room?

- Feel safe
- Set personal boundaries
- Manage emotions
- Positive communication
- Recognise their rights and the rights of others

What happens in the family room?

- Find hope
- Set goals
- Strengthen relationships



What do the mums and children say about the program?

The women tell us that:

"This program has made me stronger"
"I feel ready to do things on my own"
"We are all different since coming here"
"My friend has noticed a difference in me"

The children tell us:

"My mum is happier"
"Thanks for helping me to play with others"
"I want to come here every week"
"My mum is way less stressed"