

Making changes for new beginnings



A therapeutic support group for women

Have you felt scared, intimidated, threatened or unsafe in your relationship with your partner?

Did you have control of your finances?

Has your partner blamed you for their abusive behaviour?

Making Changes for New Beginnings is a 6 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.

Topics covered include:

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

Cost
Free

Date
Monday mornings
6th February to 13th March

Time
10:30am-12:30pm

Venue
South Melbourne

Get in touch
For more information or to book, contact Laurel on
9690 1188

Uniting