



Occupational Therapy and Speech Pathology support for every young person's success

What we offer

1. Capacity building and coaching
2. Life and independent living skills development
3. Functional capacity assessments and reports
4. Home and living assessments and reports
5. Tailored one-on-one therapy
6. Support with transition to independence
7. Leaving Care Readiness assessments
8. NDIS access support



3 Easy Steps

1

Fill out our referral form or reach out to our team today



2

We assess your request and assign a therapist



3

Book in your first session



Service Areas

- Bayside
- South & South-East Melbourne
- Eastern Metro Melbourne
- Telehealth Nationally

Achieve your goals with us!

Sign up here



03 8552 2286



alliedhealth@moira.org.au



moira.org.au/arliam

Family Life provides free Case Management support for adults using family violence in the Bayside Peninsula area (Bayside, Frankston, Glen Eira, Kingston, Mornington Peninsula, Port Phillip and Stonnington).



Family Life, and all the people who make up our organisation, respectfully acknowledge all Aboriginal people and their ancient and ongoing connections to culture and country.

In particular, we wish to acknowledge the Boonwurrung and Woiwurrung-Wurundjeri people of the larger Kulin nation, in whose ancestral lands Family Life provide services to the Melbourne community.

FAMILY LIFE OFFICES:

☎ 03 8599 5433

Sandringham
197 Bluff Road,
Sandringham

Frankston
Level 1, 60-64 Wells Street,
Frankston

Dandenong
2/75 Robinson St,
Dandenong

ABOUT FAMILY LIFE:

Every family deserves to live in a safe and supportive community.

Everything we do supports this through our family and individual support services, community strengthening programs, a network of op shops, a vibrant engaged volunteer community and passionate skilled staff.

We strive to develop innovative solutions to achieve our vision of capable communities, strong families and thriving children.

We are proudly independent and not for profit.



**Case
Management
Program**



Follow us on Social Media



info@familylife.com.au
www.familylife.com.au

ABN 37 712 782 209



DEC 2023

**For adults using
family violence**



WHO CAN USE THIS PROGRAM?

Adults using family violence who:

- Are aged 18 years or over; inclusive of all sexualities & gender diverse communities
- Want to take responsibility for their actions and want support to end their use of violent and abusive behaviours.
- Have used family violence against their partner and/ or family or kinship member
- Identify as Aboriginal or Torres Strait Islander or have English as a secondary language, and require support to access culturally appropriate specialist services.

And at least one of the following:

- Have been removed from the home as a result of using violence against family members and require practical support around managing risk.
- Have been assessed as unsuitable for a Men's Behaviour Change Program due to:
 - English is not their primary language.
 - have complex needs that require intervention, support and stability before



The program provides each client with up to 20 hours of support and can be provided face to face, by telephone or through outreach.

The Case Management Program for Adults using family violence focuses on:

- Supporting adults using family violence to take responsibility for and stop their use of violence
- Providing an individualised response by coordinating access to specialist services such as alcohol and other drugs (AOD), disability services, mental and physical health, parenting services, financial counselling, employment, social support and housing services.
- Assisting in engagement with programs that aim to stop family violence and address barriers to engaging in the change process

they can safely participate in programs that aim to stop family violence, including mental health, AOD and homelessness issues.

- have complex needs that require an individualised response, including cognitive impairment and acquired brain injury (ABI), and require support around complex health and social issues.
- may be at risk from other perpetrators due to the nature of their offending, relationship context.
- are otherwise ineligible for a Men's Behaviour Change Program.
- Are currently attending or have recently attended a Men's Behaviour Change Program
- Are currently completing or have completed Dads in Focus and require additional practical support.

Request
Support Form:



**FIND OUT MORE ABOUT OUR CASE
MANAGEMENT PROGRAM:**

+61 3 8599 5433 or
casemanagementprogram@familylife.com.au
www.familylife.com.au

Mother and Child's Journey:

- Strengthen attachment, safety, and emotional well-being
- Heal from trauma and regain stability and empowerment
- Rebuild trust, connection, and resilience together

PLEASE CONTACT US TODAY FOR MORE INFORMATION:

If you would like to know more about this service, or check eligibility, contact Family Life on (03) 8599 5433 or email homeinfocus@familylife.com.au

Check eligibility using QR code.



Sandringham

197 Bluff Road, Sandringham

📞 03 8599 5433

Frankston

Level 1, 60-64 Wells Street, Frankston

📞 03 9784 0650

@ info@familylife.com.au

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Home in Focus



Follow us on Social Media



info@familylife.com.au

www.familylife.com.au

ABN 37 712 782 209



MAR 25

A whole of family support program by Family Life



ABOUT FAMILY LIFE:

Every family deserves to live in a safe and supportive community.

Everything we do supports this through our family and individual support services, community strengthening programs, a network of op shops, a vibrant engaged Volunteer community and passionate skilled staff.

With innovation at our core, we work towards a future of capable communities, strong families and thriving children.

Home in Focus is a free and voluntary program for families living in the Bayside Mornington Peninsula Area where Family Violence has occurred, and the family unit remains living together.

The program is delivered via a combination of office based and in family home sessions, running for 20 weeks.

HOME IN FOCUS AIMS TO WORK WITH THE WHOLE FAMILY TO: ...

- End family violence and harmful behaviours
- Explore the impact of past experiences on family relationships and parenting
- Understand the effects of family violence on all family members
- Elevate the voice of the child
- Foster attachment-focused parenting
- Break the cycle of family violence and intergenerational trauma
- Enhance personal wellbeing
- Develop strategies to create a safe, loving home where children can thrive.

Home in Focus adopts a holistic, person-centred, and strengths-based approach to create lasting, positive change for individuals, families and their communities.

HOW DOES THE PROGRAM WORK?

Our program provides tailored therapeutic support to each family member, fostering lasting, positive change. We empower parents and prioritise children's voices and wellbeing.

Fathers work with their own practitioner, while mothers and children share a practitioner over 20 weeks. Our holistic, risk-assessed approach ensures safety, strong connections, and meaningful change.

Using evidence-based strategies, we address family violence, trauma, and parenting challenges to foster healthier interactions. Our program provides a non-judgmental space for men to reflect, take responsibility, and work towards positive change. By focusing on accountability and growth, we help rebuild trust, enhance emotional security, and create family relationships free from violence.

IS THE PROGRAM FOR ME?

Home in Focus can help if your family is:

- Experiencing family violence
- Parenting in a way that doesn't match your values
- Having difficulty in managing your mood
- Wanting to feel happier and more connected with your family
- Committed to creating a safe environment where your children can thrive, by fostering healthy, secure attachments.

WHAT WILL WE LEARN DURING HOME IN FOCUS?

Together we will learn:

- Emotional literacy, regulation, and conflict management
- Respectful communication, parenting, and co-parenting skills
- Empathy, perspective-taking, and attunement to children
- The impact of violence and trauma on families and pathways to healing
- Strengthening family bonds, rebuilding trust, and accessing support

Father's Individual Journey:

- Take responsibility for actions in a safe, non-judgmental space
- Reduce harm, increase safety, and foster respect within the family
- Create a healing environment and strengthen father-child attachment
- Develop healthier behaviours and seek support when needed



What About Me?

An activity based group for primary school aged children of separated parents



Our Program

Aim

What About Me? has been developed to support primary school aged children who have experienced family separation and/or reside with only one of their parent's. The program aims to address the impact of separation and parental conflict and provides support to children in a safe environment.

This is achieved by

Psychoeducation delivered through art therapy, child-centred play therapy, and peer supported group therapy.

Facilitators

Group facilitators are specialised and experienced practitioners in the family and child welfare space. The group is child-focused and facilitators work within the best interests of the child and the child safe standards frameworks.

Session Topics

Unpacking Family

The aim of this session is to explore family dynamics and help children to better understand their family system.

It's Never the Child's Fault

This session aims to support children to understand parental separation.

Safe Relationships

This session aims to educate children and explore what is and isn't a safe and healthy relationship, helping children identify the trusted adults in their life.

Adult Worries

This session helps children to identify, unpack and explore which worries and responsibilities belong to adults.

What About Me?

An activity based group for primary school aged children of separated parents



Caught in the Middle (for children whose parents may be involved in Family Law matters)

This session will deliver a child-friendly explanation of Court processes that children may be exposed to.

'I just wanted to say a big THANK YOU for your time, preparation and effort in relation to facilitating the What About Me? group each week.

I can see that it's been really beneficial for my child and I am noticing that she is continuing to use a number of the tools that were taught throughout the course in her day to day life.'

(Mother of an 8 yo)

Program Details

Where: Frankston/Sandringham

When: Each school term

Time: After school 4:30pm - 6:00pm

Cost: No fee

Duration:: 6 weeks

Referrals: Contact us on (03) 8599 5433

Acknowledgements

Family Life, and all the people who make up our organisation respectfully acknowledge all Aboriginal people and their Elders, past, present and emerging. In particular we wish to acknowledge the Boonwurrung and people of the Kulin nation in whose ancestral lands Family Life provide services to the Community.

Family Life welcomes everyone in the community, including those who identify as Culturally and Linguistically Diverse, LGBTQIA+, or with a disability.

For further information please contact:

 (03) 8599 5433 or  whataboutme@familylife.com.au www.familylife.com.au





*Transforming
lives for stronger
communities*

Women's & Children's Family Violence Counselling

A holistic and integrated approach to working with women and children who have been impacted by family violence.

Referral criteria:

- There has been a recent or historical incident of family violence
- The person who has been impacted by family violence is a woman or child (under the age of 18 years)
- The women or child is in a space to benefit from therapeutic support

Family Violence Counselling:

Family violence counselling is a supportive and holistic approach over 6 sessions to working with women and children who have been affected by family violence. Our counselling service aims to provide the affected person with a safe space to gain awareness of the impact of violence on themselves and / or their child, and to help them develop more positive, healthy and safe relationships.

Family violence counselling is therapeutic in approach, utilising a variety of counselling models and approaches based on the unique experience of each individual.

Program objectives:

- To identify and maintain their safety through the development and implementation of a safety plan
- To assist the client to understand the impact of violence on themselves and / or their child
- To provide a safe environment for the client and create opportunities to work through their trauma
- To identify and build on their strengths and positive attributes
- To develop the client's self-care routines through a trauma- and client-centred approach
- Provide a tailored, individualized intervention, using internal and external supports to best meet the needs of the client



Family Life has been working with vulnerable children, families and communities since 1970. At the core of our organisation is our vision to build capable communities, strong families and thriving children.

Family Life is a specialist family services provider known for its innovation, impact and whole-of-community approach.

At Family Life we take an all of family, all of community approach to build resiliency and healthy relationships and are committed to improving responses to child vulnerability and family violence by achieving better outcomes for survivors and communities.

Responding to issues identified through academic analysis, government strategy and global and community trends, Family Life has grown exponentially since its beginning. Our ability to respond to the needs of the communities we support has seen us deliver programs across a broad range of areas in the sector.

All our work is delivered with a trauma informed focus and prioritises the identification of vulnerable children, young people and families as early as possible.

When people come to us for help, we offer to work with their whole family in an integrated approach across the organisation. In this way, we support long term sustainable changes and build resilience for families through strengthening connection with community supports.



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lives for stronger
communities*

How to refer:

Level 1, 60-64 Wells Street, Frankston VIC 3199



(03) 8599 5433 Fax: (03) 9598 8820



FSintake@familylife.com.au



Young Person Violence in the Home



Case management and Counselling Support

Family Life is a specialist family services provider known for its innovation, impact and whole-of-community approach.

Family Life's Integrated Family Services and Women & Children's Family Violence Counselling Programs provide trauma-informed, wrap-around support to families where there is a young person in the home using violence. This counselling and case management support is designed to work with families who have previously experienced family violence from an adult.

The IFS Practitioner utilises an outreach case management model, working with parents/carers for a period of 3-6 months by providing psychoeducation and practical strategies to improve family functioning and increase emotion regulation within the family relationships. Simultaneously, the Counsellor provides therapeutic support across 15-20 sessions to the young person in a clinic based setting, to help them better understand and regulate factors that contribute to their use of violence in the home.

Eligibility Criteria

- Families with with a young person in the home aged between 12 and 17.5 years old
- Families where the young person is using violence in the home and has experienced family violence
- Families residing in the Bayside Peninsula region

- Families where the young person is willing to attend onsite clinic-based appointments in Sandringham or Frankston
- Families where the young person is in a space to benefit from clinic based therapeutic support and both the young person and parent is consenting to this

Referrals for Family Life's Young Person Violence in the Home support can only be received via the Bayside Peninsula Orange Door, via the usual IFS Allocations process.

**Please note, Family Life requires a consultation to occur between a Family Life Team Leader and the Orange Door for each referral, due to the limited number of spots available within the program.*

Please contact Family Life on 8599 5433 for more information.

info@familylife.com.au

197 Bluff Road, Sandringham, VIC 3191

Level 1, 60 Wells Street, Frankston, VIC 3199
Bunurong Land

For further information please contact:

 (03) 8599 5433 or  info@familylife.com.au www.familylife.com.au



A comprehensive, client focused service supporting fathers to create strong, healthy relationships with their children.



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☎ 03 8599 5433

Sandringham

197 Bluff Road, Sandringham

Frankston

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Dandenong

2/75 Robinson St, Dandenong

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We are proudly independent and not for profit.



Dads in Focus



Follow us on Social Media



info@familylife.com.au

www.familylife.com.au

ABN 37 712 782 209



JAN 2024

Supporting fathers to create healthy relationships



DADS IN FOCUS

Dads in Focus is an intensive, wrap around service for fathers with a focus on developing healthy family relationships. The aim is to assist fathers to gain awareness of the impact of their parenting choices on their children and to help them develop more positive, child focused parenting skills.

Making serious, positive changes can have a lasting impact on the lives and experiences of children and families, and Dads in Focus offers participants a tailored, therapeutic approach to address their parenting choices.

OBJECTIVES

The aim of this tailored service is to assist fathers to:

- Develop and strengthen their parenting skills
- Appropriately negotiate safe and responsible parenting roles with the mother/other parent / carers of their children
- Identify, understand and recover from their own experiences of trauma
- Identify and build on their strengths and positive attributes while taking responsibility for their behaviours and action
- Understand the impact of violence and trauma on children
- Provide an individualised intervention, using internal and external supports to best meet the needs of the father and facilitate behaviour change

OPTIONS

To best meet the individual needs of fathers and their family, Dads in Focus provides a suite of services which may including:

- Individual counselling
- Family Dispute Resolution (for a parenting plan)
- Children's Contact Service (for supervised /supported child contact)
- Parenting Orders Program (specialist post-separation support for parents and children)
- Men's Behaviour Change Program

DELIVERY METHOD

- Dads in Focus services are provided online or face to face at our Frankston Office

REFERRAL CRITERIA

- People referring to the service must be fathers
- The father must live in the Bayside, Dandenong, Frankston, Glen Eira, Kingston Mornington Peninsula, Port Phillip or Stonnington area.
- The father has or has had an IVO in place
- The father has a history of federal or family court, or child services involvement

Request
Support Form:



FOR MORE INFORMATION

Visit www.familylife.com.au and search 'Dads in Focus'.

 (03) 9770 0341

 info@familylife.com.au

Level 1, 60 Wells Street, Frankston 3199

www.familylife.com.au



Family Relationship Centre (FRC)

FRCs play an important role in improving family relationships by providing information, support and referral services to families around relationships and parenting. The Family Life FRC supports the diversity of family relationships and specialises in Family Dispute Resolution (FDR) and Property FDR.

FAMILY DISPUTE RESOLUTION (FDR)

FDR is a safe, child-focused form of mediation that allows separated parents or caregivers to create a Parenting Plan to best support their family system. It is voluntary and provides parents/caregivers the opportunity to create arrangements that will support the needs and interests of the children involved.

FDR Practitioners are impartial and assist parents/caregivers to focus on what is in the best interests of their child/ren. All cases are assessed to see whether FDR is suitable for your situation.

This service aims to provide an alternative to formal legal processes for families who are separated. Parents are required to attend FDR to attempt to resolve the issues in dispute before taking a parenting matter to court.

You can only apply to a family law court for a Parenting Order when you have a Certificate s60I which states that you have made a genuine effort to resolve your dispute through FDR first (exceptions may apply).

In some FDR cases Child Inclusive Practice (CIP) is offered to families. This provides an opportunity for parents/caregivers to hear from the child/ren about their experience. This can assist parents/caregivers to create arrangements that support the best interests of the child/ren.

FDR is confidential unless there are safety risks. If you have concerns about your safety or the safety of your children, you should tell your FDR practitioner as soon as possible.

PROPERTY FDR

Property FDR assists separating families with dependent children under the age of 18 years, to sort out the division of family 'property', which may include bank accounts, houses, superannuation, and mortgages. This service aims to assist separated families to resolve their property issues.

To be eligible for this service, your net asset pool (excluding superannuation and after taking into account any mortgages, loans or other debts) must be no more than \$500 000. This service cannot assist with matters involving division of debt, trusts, or complex business interests.

FDR and Property FDR through Family Life is available to people who are separating or separated and live and/or work in the Frankston or Mornington Peninsula areas.

Fees may be payable on a sliding scale according to income.

Waiting periods may apply and vary according to demand.

A service provided by Family Life



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Interpreter Services
Available



FRANKSTON

Level 1, 60-64 Wells Street, Frankston,
Victoria Australia 3199



Phone: (03) 8599 5433



email: info@familylife.com.au



Online form: www.familylife.com.au/support/request-for-support-with-family-life/



How do I access services with the Strength 2 Strength Team?

Give us a call or an email if you think this service might be suitable for you, or if you want to know more.

You can also talk further with the person who gave you this brochure.

Contact

Please contact us today for more information.



03 8599 5433



info@familylife.com.au



Participating Partners



Good Shepherd
Australia New Zealand



Peninsula
Health

South Eastern CASA
Centre Against Sexual Assault & Family Violence



Therapeutic Family Violence Support



What is Strength 2 Strength?

The 'Strength 2 Strength' program offers therapy services for women and children who have experienced family violence.

Our families live, work or play in the Bayside Peninsula Region, have at least one child under the age of 12 years and are ready to make steps towards recovery from their trauma.

What services do we provide?

- Family Therapy
- Women's and Children's Psychology
- Sexual Assault Counselling
- Social work support throughout the therapy process

Why Strength 2 Strength?

We provide a range of support services, for both women and children and we are all in the one place.

We also offer an outreach service where our clinicians can either visit you at home or in the community.

Our therapy is focused on supporting your child's development and is delivered in a child friendly way.

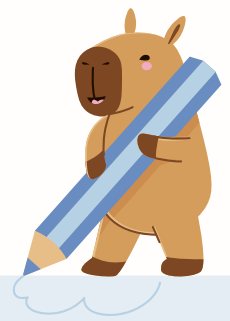
We offer therapy to empower you in making positive choices going forward.





BACK ON TRACK

Kingston/Bayside Area



A FUN, EVIDENCE-BASED PROGRAM DESIGNED FOR PRIMARY SCHOOL-AGED CHILDREN AND THEIR MUM WHO HAVE EXPERIENCED FAMILY VIOLENCE, AND THERE ARE BIG BEHAVIOURS AT HOME.

FREE - ADD ON JUJISU (ALL AGES) AND PLAYGROUP (PRESCHOOL SIBLINGS)

THE PROGRAM IS **FREE** AND USES SCIENCE, SPORT, ART, AND FUN TO HELP KIDS **AGED 5-12** AND THEIR MUMS

TO:

- Understand and manage big emotions that come with change and hard things happening
- Strengthen sibling and child-parent bonds after family violence
- Build skills for healthy communication, coping skills and repair
- Reduce big emotions and challenging behaviour
- Build a connection with other children and mums who get it !!!!!

WHAT IT LOOKS LIKE:

FACILITATED BY SPECIALISED TRAUMA-INFORMED THERAPISTS WITH KNOWLEDGE OF ALL THINGS CHILDREN AND PARENTING.

TERM 1 : CHILDREN'S GROUP & SEPARATE MUMS GROUP

TERM 2 : CHILDREN'S GROUP AND FAMILY-BASED THERAPY

We have independent research from RMIT CIJ to show that even the most resistant kids love the program.

Families understand each other better

Mums find friends and a support system well after the program

TERM 1 AND TERM 2 2026

EMAIL

therapy@emergesupport.org.au



For Professional and Adult Participant use

Emerge woman and children support network.

Back on Track (BOT)

Supporting Children and Families Impacted by Family Violence

A no cost program open to any families who can travel to our purpose designed therapy centre in bayside/Kingston area (location given after referral for confidentiality and additional safety.

The program runs twice a year over two school terms.

There is a maximum of 10-12 families dependant on family size.

Program Overview

Back on Track (BOT) has been specifically developed to address the impact of family violence on children and the non-offending (safe) parent. The effects of family violence can present in various ways, including disruptions to the parent–child relationship, increased sibling conflict, emotional dysregulation across family members, and challenging behaviours—often directed towards the safe parent.

Safe parents may experience decreased parenting confidence, isolation due to their child’s behaviour, and challenges such as school refusal.

At BOT, we recognise that **each family is unique**, and that **every family member is both an individual and an important part of the family system**. Our approach respects the strengths, experiences, and needs of each person.

The program has a focus on connection, validation and being curious about the family’s needs in a down-to-earth way to reduce shame and disconnection.

All our therapists are committed to being neuro-affirming and trauma-informed.

Program Approach

Using **evidence-based** and **trauma-informed frameworks**, BOT supports both the

parent's and child's needs, helping families to understand and respond to the underlying causes of challenging behaviours.

The program integrates **psychoeducation, play and art-based therapies**, and **principles of Dialectical Behaviour Therapy (DBT)** within a **family-focused model**.

BOT includes:

- **Children's groups** tailored to age and developmental stage
- **Parent-only groups** providing education, skills, and connection
- **Family and dyadic sessions** that strengthen attachment, communication, and emotional regulation

Additional Optional Activities

- **Jujitsu Classes:** Families can opt into therapeutic Jujitsu sessions, co-facilitated by **Panda**, our highly experienced Jujitsu leader, alongside a qualified therapist. These sessions promote self-regulation, confidence, body awareness, and connection in a safe, supportive environment.
- **Mini Messy BOTs Playgroup:** Designed for preschool-aged family members, this play-based group offers creative, sensory-rich activities that encourage exploration, bonding, and emotional expression through messy play.

Program Structure

BOT is delivered by **trauma-informed child and family specialists** over two school terms, with a total of **18 weeks of structured engagement**.

- **Term 1:** Children participate in therapeutic group sessions (grouped by age and developmental needs), while parents engage in a parent-only support and education group.
- **Term 2:** Children continue their group sessions, and families begin **family-based and dyadic therapy sessions** focused on child lead play, fun, science, and connection.

Outcomes and Evidence

External research of the program demonstrates that early intervention programs like BOT contribute to:

- Improved emotional regulation and behaviour in children
- Strengthened parent–child relationships

- Reduced high-risk and aggressive behaviours in adolescence
 - Increased school attendance and engagement
 - Healthier future relationships
 - Referrals into services that meet the families' specific needs post program.
-

Referrals

Exclusion criteria:

Providing therapeutic support in the safest and most helpful way means that if the family are still living with the person using violence (PUV) or they have custody visits, and it is not safe for the child to learn and discuss new things they cannot join the program.

If the safe parent (mum) is not group ready for themselves.

If substance use impacts the safe parents focus and ability to be present

Professionals and parents can refer to *Back on Track (BOT)*. For more information or to make a referral, please contact our team of child and family specialists.

Email: therapy@emergesupport.org.au

The process:

Email the team: therapy@emergesupport.org.au

You will be sent a referral form to complete and send back.

You can email for a phone session to ask any questions

A team member will call the referrer for any additional information and ensure consent has been given from the potential new client.

If the program is the right fit for the family a team member will call them to discuss the group and answer any questions or concerns.

If the family would like to go ahead with the program, we organise a two -hour assessment for all family members.

The family have the choice after the assessment to enrol in the program and any additional opt in groups offered.

Therapeutic Support External Referral Form

Eligibility

Emerge offers a range of therapeutic supports to women and children (0-17 years) who have experienced family violence. The safety and wellbeing of all clients is our main priority.

For us to provide a service, the eligibility criteria for clients are:

- Main reason for referral is recovery from the impacts of family violence.
- Not currently living with, planning to live with or having regular unsafe contact with person using violence.
- Current safety plan is in place and legal advice has been obtained if required.
- Currently linked in with a GP and/or other appropriate supports.
- For children referred, their mother/caregiver has access to support and is able to support their child to engage in the counselling process.

Therapeutic Support Being Requested

Women's Counselling Y / N

Dyad Therapy Y / N

Women's Group Y / N

Dyad Group Y / N

Children's Individual Therapy Y / N

(Dyad therapy is for a parent & infant/child)

Children's Art Therapy Group Y / N

Referring Agency

Name of Referrer:

Date of Referral:

Professional Role:

Length of involvement with family:

Agency:

Email:

Address:

Phone Number:

For enquiries or to discuss a referral contact us on:

P: 03 8657 8622

M: 0428 954 045



Email referrals to:

therapy@emergesupport.org.au

Woman or Mother/Caregiver Details				
Name:		DOB:		
Gender Identity:		Disability: Y / N Type:		
Country of Birth:		Cultural Identity:		
Year arrived in Australia (if relevant):		Language spoken at home?		
Aboriginal Y / N Torres Strait Islander: Y / N Both: Y / N Neither: Y / N		Interpreter required? Y/N		
Contact No.:		Safe/best time to call? Safe to leave message? Y / N		
Email address:		Safe to email? Y / N		
Address:				
Local Government area? Bayside Y/N Kingston Y/N Glen Eira Y/N Stonnington Y/N				
Is client willing and able to travel to the Kingston area to receive a service? Y / N				
Mental health issues: Y / N Details:				
Alcohol and drug use: Y / N Details:				
Emergency contact name:			Relationship:	
Contact No.:				
Members of Household (children or other family members living with woman/mother)				
First Name:	Surname:	DOB:	Relationship to perpetrator:	Relationship to woman/mother:
Please list other children not living with woman/mother:				

Referred Children's Details	
Child 1	
Name:	DOB:
Gender Identity:	Country of Birth:
Cultural Identity:	Interpreter required? Y / N
Aboriginal Y / N Torres Strait Islander: Y / N Both: Y / N Neither: Y / N	Language?
Disability: Y / N Type:	Mental Health Diagnoses? Y / N Details:
Child 2	
Name:	DOB:
Gender Identity:	Country of Birth:
Cultural Identity:	Interpreter required? Y / N
Aboriginal Y / N Torres Strait Islander: Y / N Both: Y / N Neither: Y / N	Language?
Disability: Y / N Type:	Mental Health Diagnoses? Y / N Details:
Child 3	
Name:	DOB:
Gender Identity:	Country of Birth:
Cultural Identity:	Interpreter required? Y / N
Aboriginal Y / N Torres Strait Islander: Y / N Both: Y / N Neither: Y / N	Language?
Disability: Y / N Type:	Mental Health Diagnoses? Y / N Details:

Experience of Family Violence
Current Family Violence Intervention Order: Y / N If yes, who is protected by the order?
Experience of Woman/Mother: please provide an overview of the family violence experienced including level of, duration and type/s of violence.
Experience of Children: please provide an overview of the family violence that child/ren have experienced and/or been exposed to including level of, duration and type/s of violence. If this differs between children, please identify this.
Most recent incident: please provide details of most recent incident, including the date and any safety plans put in place.

Person using Violence	
Name:	Gender Identity:
Relationship to Woman/Mother:	Relationship to children (if applicable):
Date and reason for separation:	
Another Person using Violence (if applicable)	
Name:	Gender Identity:
Relationship to Woman/Mother:	Relationship to children (if applicable):
Date and reason for separation:	

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Family Violence Risk Assessment (Y/N)			
Physical assault whilst pregnant/following new birth		Breaches of court orders/Intervention Order	
Financial abuse/ difficulties		History of family violence	
Controlling behaviours		History of violent behaviour (not FV)	
Access to weapons		Obsession/jealous behaviour toward victim	
Use of weapon in most recent event		Perpetrator unemployed/disengaged from education	
Harmed or threatened to harm victim or family members		Perpetrator drug and/or alcohol misuse/ abuse	
Tried to strangle or choke victim		Perpetrator mental illness/ depression	
Threatened to kill victim		Emotional abuse	
Harmed or threatened to harm or kill pets or other animals		Property damage	
Threatened or tried to self-harm or suicide		Isolation	
Stalking victim		Physical harm	

Family Violence Risk Assessment – Specific to Children (Y/N)			
Behaviour indicating non-return of child		Child intervention in violence	
Sexualised behaviours toward child by perpetrator		Undermining child-parent relationship	

Assessed Level of Risk Overall				
Level of risk for woman/mother:	Low	Medium	High	
Level of risk for child/ren:	Low	Medium	High	

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Legal and Access Details	
Relating to Referred Children Are there any current Parenting Orders: Y / N Are there future family court hearings pending? Y / N Please provide details: Is there access with the person using violence? Y / N Is access supervised? Y / N Please provide details: Is there current or historic Child Protection Involvement? Y / N If yes, please provide details:	Other Legal Issues Are there any other legal issues impacting the woman/family?

Behaviour/ Presentation of Child/ren (tick which of these apply and if more than one child is being referred, please specify which child it applies to by using their name or initials)			
Often complains of feeling unwell		Eating problems	
Difficulty separating from parent/caregiver		Running away from home/school	
Sleep problems/ nightmares/ worries at night		Bed-wetting/soiling	
Lots of fears and worries		Social difficulties/bullying	
Delayed milestones		School/concentration difficulties	
Regressed behaviour		Self-harm/suicidal thoughts	
Reclusive or withdrawn behaviour		Low image, says 'I'm bad'	
Sexualised behaviours		Difficulty settling when upset	
Aggressive behaviour		Anxious or hypervigilant	

Accessibility: does the client have their own transport? Are there specific days/times they would be available for appointments? Are there any accessibility issues we need to be aware of?

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Other agencies involved (please list all agencies involved with the client):

Name of agency:	Name of contact:	Telephone no:	Email contact:

Additional Information: Please provide any other relevant information here.

Authority to Exchange Information

Written Consent

I.....give permission for the exchange of information regarding myself/my child/ren between (referring agency) and Emerge Women & Children's Support Network for the purpose of providing appropriate support, advocacy and referral as required.

Signed:

Witnessed (Worker):

Date:/...../..... (dd/mm/yyyy)

Worker name:

Name:

Position:

Child's name:

Child's name:

Child's name:

Child's name:

Verbal Consent:

Verbal consent can be used when it is not practicable to obtain written consent.

I have discussed this referral with the client and I am satisfied that the client understands the proposed uses and disclosures. The client has consented to the referral and to being contacted by Emerge Women and Children Support.

Signed (Worker):

Date:/...../..... (dd/mm/yyyy)

Worker name:

Position:

Emerge Women and Children's Support Network					
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BEYOND THE VIOLENCE FACILITATOR TRAINING - FRANKSTON

**Would you like to develop your skills
when working with parents and
children affected by family violence?**

THIS TRAINING IS SUITABLE FOR:

- Professionals or tertiary students with existing group-work skills, and/or a background/passion for working with women and children impacted by family violence
- Professionals or tertiary students who would like the opportunity to learn group facilitation skills with a trauma-informed approach
- Those wishing to develop their skills and knowledge for working with families affected by family violence

DATE: Tuesdays, 24th February, and 3rd and 10th March

TIME: 9.00 a.m. - 4.30 p.m.

WHERE: Frankston location
Details provided on registration

COST: FREE!

BOOKINGS ARE ESSENTIAL AND PLACES ARE LIMITED - please register here:

<https://events.humanitix.com/beyond-the-violence-facilitator-training-frankston-term-2-2026>

For more information, contact:

Carey Cole - 0437 428 281
carey.cole@anglicarevic.org.au



The training takes place over three days, all of which must be completed to attain BTV Level One Facilitator Accreditation.

BEYOND THE VIOLENCE

FACILITATOR TRAINING - FRANKSTON

AIMS

Beyond The Violence facilitator training will assist participants, through experiential learning, to develop the specialised skills and insight to facilitate the Beyond the Violence group program. All participants will receive a copy of the Beyond the Violence manual.

LEARNING OUTCOMES

The three day training will assist participants to:

- Understand the impacts of Family Violence on women and children
- Explore strength-based, participant-driven group formats
- Identify techniques and strengths for group work, engagement and facilitation
- Increase skills and confidence in supporting families who have experienced violence
- Practice group work skills in a family violence context, within a parents', children's and combined family group

Participants will be provided with live supervision and debriefing.

Training will be delivered by Carey Cole from Anglicare Victoria. Carey has experience in parent and community education and working with women and children who have experienced family violence.

WHAT IS THE BEYOND THE VIOLENCE PROGRAM?

Beyond The Violence is an 8-week group for non-violent parents and children who have experienced or are experiencing family violence. The program helps families to establish safety, rebuild family relationships and move forward with their lives following family violence.

The emphasis of the group is on:

- Moving forward in a positive manner
- Rebuilding family relationships
- Building skills - parenting skills and children's social skills
- Increasing safety and minimising risk

The program aims to allow a learning environment where participants are supported to:

- Acknowledge the past and its impacts
- Establish or re-establish appropriate parent-child roles, relationships, responsibilities and trust
- Explore alternative approaches and behaviours that respect the rights of the individual and of others
- Feel safe
- Develop self-esteem and positive communication skills
- Accept responsibility for one's own actions
- Set, and work toward, family goals
- Build hope and trust
- Develop the life families want beyond the violence

BTV IS RUN IN FRANKSTON, DANDENONG, ROSEBUD & GIPPSLAND*

Live supervision and regular debriefing will be available to all those who co-facilitate the eight-week BTV program. Completing the three-day BTV facilitator training is a prerequisite for facilitating the eight-week BTV program.

EXPRESSIONS OF INTEREST:

If you or your agency would like to partner with us to deliver the Beyond The Violence program call Carol Abery on 0436 007 336 and 9781 6700 or email carol.abery@anglicarevic.org.au

NOTE: Priority for the facilitator training will be given to professionals who are interested in co-facilitating one or more Beyond The Violence programs during the next 12 months. The programs are scheduled during school terms in Frankston, Rosebud, Dandenong and Gippsland*.



Parents Building Solutions

Who we are and what we do...



Have you thought about what you will say about your child on their 21st birthday?

Parenting is both the most important and most difficult job you will ever do!

Parents Building Solutions group parenting programs focus on the end goal - independent, resilient, purposeful and positive young adults.

For enquiries contact the Parentzone Southern team:
parentzone.southern@anglicarevic.org.au
or call 9781 6700

Alternately, scan the QR code to access our Parentzone podcasts and/or to sign up for our termly newsletters and see what is available near you.

- We co-design each program with the parents and carers who attend the program
- Parents and carers tell us what they want and need as the experts of their families
- We build on what parents already do well
- We offer single sessions or multisession programs face-to-face or online
- Our programs are flexible and FREE!
- We can design sessions or programs based on the needs of your organisation and/or clients

PARENTZONE



Family Violence Counselling.

Support when you need it most.

We offer confidential counselling support to women, children and young people who have experienced family violence.

You can be sure of:

- A safe environment to discuss experiences of family violence.
- 10 weeks of counselling support via face to face, phone or video.
- Risk assessment, safety planning and referral to crisis family violence services as needed.
- Support to address the ongoing effects of violence on women, children and young people.
- Support to identify and work toward a safe and secure future.

Group Support.

Making Changes for New Beginnings Group.

Women seeking support, recovery, and growth, post the experience of family violence.

Please contact us if you are interested in accessing these services.

Uniting Southern

Family Violence Counselling is available to those living in the City of Greater Dandenong, City of Casey, and the Cardinia Shire.

Dandenong

51 Princes Highway,
Dandenong 3175

T 03 8792 8999

Monday - Friday 9am to 5pm

Uniting Bayside

Family Violence Counselling is available to those living in Stonnington, Glen Eira and City of Port Phillip.

Prahran

Level 2, 211 Chapel Street,
Prahran 3181

T 03 9051 1400

Monday – Friday 9am to 5pm

REFERRER DETAILS

Name of Referrer		Date	05/06/2025
Organisation			
How are you connected to the young person (YP)?			
Email Address		Post Code	
		Mobile	
Is the family willing to be involved in LYFT program intervention?		YES ☐	NO ☐
Best point of contact for YP			
Name:			
Connection to YP:			
Phone:			
Address:			

YOUNG PERSON

Surname			
First Name			
What sex is the Young Person		What gender is the Young Person	
What pronoun does Young Person use?		Date of Birth	Age
Address		Suburb	Post Code
Landline		Mobile	
Any restrictions regarding contact? e.g. shared phone or no credit		OK to leave a message?	YES ☐ NO ☐
Country of Birth		Preferred Language	
Cultural Background/considerations		Interpreter Needed	YES ☐ NO ☐
Does this person identify as Aboriginal?		YES ☐ NO ☐	
Does this person identify as Torres Strait Islander?			
Does this person identify as both?			
Accommodation			
Short term/crisis ☐	Homeless ☐	Staying with a friend ☐	Public housing ☐
Rental/Lease ☐	Residing with parent or caregiver ☐		
Education/Training/Employment			
Mainstream ☐	Altered timetables ☐	Alternative school ☐	Alternative training ☐
Traineeship/Apprenticeship ☐	Employed ☐	Please provide details:	

What level of involvement in LYFT is the YP willing to try? <i>Tick boxes</i>	Information session ☐	Brief intervention ☐	Full engagement ☐
Substance Use: Which substances does the YP use? (e.g. alcohol, vape, GHB, methamphetamine, cannabis, MDMA etc). Please describe amount/Pattern of consumption/poly substance use.			
Mental health status (Current suicide ideation/plan, self-harm (NSSI), intentional overdose)			
MARAM – FV history/risk?			
Potential Barriers to Engagement? (Physical and mental health needs (social anxiety), Wheelchair use, learning difficulties)			
Previous engagement in services?			

FAMILY UNIT (Children, other caregivers, extended family, chosen family, support network etc)								
Full Name	Age	M/F	Date of Birth	Relationship to Client	Resides with Family	Contact Details	Cultural Considerations	Willing to be Involved

FAMILY FACTORS

Consider Parental Factors (eg., supervision & monitoring, parenting style, discipline, emotional support, parental AOD/Mental Health, parental attitudes to AOD use).

Family Factors (eg., family emotional environment, parent/young person conflict, quality of parent/young person relationship, impact of AOD use on family members, family coping style).

Other Concerns or Issues for the family at the moment? (Other risks/Vulnerability factors)

Is there a safety plan? YES ☐ NO ☐

Consent to attach? YES ☐ NO ☐

Is the YP using violence? YES ☐ NO ☐

Are there family or other supports using violence? E.g. partner

a) Is there a partner or family member(s) who does things that make you or your children feel unsafe? YES ☐ NO ☐
Examples include: Physical, emotional, financial, verbal, psychological, etc.

a) Do you have concerns about your immediate safety? YES ☐ NO ☐

b) Do you and your children feel safe when you leave here today? YES ☐ NO ☐

REASONS/GOALS FOR REFERRAL:

Please outline your reasons for the referral for the young person:

PROFESSIONAL NETWORK

Agency Name	Contact Person	Role and Purpose	Contact Details	Status

Does family have current DHS involvement? YES ☐ NO ☐

Details:

WORKER SAFETY ISSUES

YES ☐ NO ☐

Consider:
pets, weapons, who will be present in home, likelihood substances will be present, aggressive behaviour, and neighbourhood.

Details:



ELIGIBILITY CRITERIA

Families with a young person aged 12 to 25 who are using Alcohol and Other Drugs in a problematic way.

The young person must be willing to engage in the program.

Families who live, work or attend school in the following catchments.

- City of Frankston
- Shire of Mornington Peninsula

Linking Youth & Families together is supported by the Victorian Government.

LYFT operates in line with the best interests of young people as outlined in the Children Youth & Families Act VIC 2005

LYFT is committed to protecting the rights of people to privacy as set out under the Information Privacy Act 2000

For more information please contact the LYFT southern team:

LYFT.Southern@anglicarevic.org.au

FRANKSTON

Level 2, 60-64 Wells Street
Frankston
VIC 3199
ph: 03 9781 6700



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
youtube.com/anglicarevic
twitter.com/anglicarevic
facebook.com/anglicarevic

BETTER
TOMORROWS



LYFT

Linking Youth & Families Together

Family Therapeutic interventions for young people involved with problematic Alcohol and Other Drug use.

BETTER
TOMORROWS

OUR APPROACH

The LYFT program aims to reduce the harm of problematic AOD use and improve health and wellbeing outcomes for young people and their families.

The LYFT model does this by:

- Combining therapeutic treatment techniques to assist the young person and family engage in more helpful behaviours.
- Individual and family counselling.
- Providing information and education to young people and their families.
- Provides flexible support to young people.
- Case co-ordination
- Parent support groups every school term



The Linking Youth and Families Together (LYFT) program assists young people aged 12-25 and their families to address difficulties associated with Alcohol and Other Drug use.

While LYFT incorporates techniques from a youth development, Alcohol and other drugs, and family systems perspective, it is the way they come together in practice that leads to effective and measurable change for young people.

The LYFT Up Your Family parent/carers group is a 6 week group for any parents/carers of young people aged 12-25 who reside in the Mornington Peninsula, Frankston area who are looking to:

- Better understand their adolescents and their behaviours
- Understand adolescent brain development
- Learn more about alcohol and other drugs and their effects
- Learn positive communication skills to use with their adolescents
- Explore problem solving
- Connect with other parents/carers of adolescents



A typical LYFT intervention is approximately 12 sessions, or 3-4 months. This is flexible depending on the family's needs. LYFT is an outreach model and our clinicians meet the young person and their family in the community in in their home.

How HIPPY works



Home-based learning

- 10 -15 minutes a day engaging in fun activities
- supports your child's learning and development through play



Home visits

- HIPPY Tutors and families meet regularly to explore activity packs and storybooks



Group 'Gatherings'

- Meet other HIPPY families
- Connect with community services
- Join fun educational sessions and activities



“ Our tutor has gone above and beyond for Toby* and our Family ”

Join HIPPY today

Who can join?



Families living in Frankston North, Seafood East, Karingal, Frankston Central



Families with a 3-year-old child (2 years before school)

To join HIPPY, contact the Frankston North Coordinator

Name : Vicki Blond

Phone : 0491 696 327

Email : HIPPY.FrankstonNorth@bsl.org.au

Scan the QR code to fill out your expression of interest



HIPPY Australia acknowledges Elders and Traditional Custodians of the lands and seas across Australia.

The Home Interaction Program for Parents and Youngsters (HIPPY) is funded by the Australian Government Department of Social Services. The Brotherhood of St. Laurence holds the licence to operate HIPPY in Australia. The views expressed here are those of the author and do not necessarily represent the views of the Australian Government or officers of the Department of Social Services.



HIPPY makes change that lasts



HIPPY Frankston North Home Interaction Program for Parents and Youngsters

Engage in fun and free activities to support your child's early learning journey



The Brotherhood of St Laurence is committed to safeguarding all children and young people from abuse and harm. We will provide safe environments; always act in the best interests of children; and take action to protect children and other vulnerable persons from abuse and neglect.



Children's earliest and most powerful love of learning comes from their families

HIPPY is a **free**, two-year home-based program that begins when your child is 3.

Our program is aligned to the Early Years Learning Framework, and all activities are designed to support your child's learning and development through play.

Benefits of HIPPY

- Receive free activity packs, storybooks and resources
- Spend quality time, learning together
- Be part of a community
- Children are more school-ready



Benefits for children



- Graduate with literacy and numeracy skills above the Australian average
- Develop a love of learning and improve school-readiness
- Build social and emotional wellbeing



“ We do everywhere learning while playing. I love, love HIPPY! ”

Benefits for families



- Build skills and confidence as your child's first teacher
- Spend valuable time with your child
- Create a positive learning environment at home

Benefits for Tutors



- HIPPY employs parents and carers as Tutors, providing training and professional development opportunities
- Develop confidence to enter the workforce and reach personal goals

“ I'm so proud to say I've just finished my first year as a tutor, and am loving it! ”

Benefits for community



- Build connections to local community and services
- Come together in group meetings to share, learn and celebrate

