



Beyond the Violence - Frankston

Beyond the Violence is a free 8-week program open to women and children who have been impacted by family violence

Children's Group - would you like to:

- Make new friends
- Understand what makes relationships safe
- Build confidence and self-esteem
- Learn ways to express feelings safely
- Discover how to get along better with your mum and siblings

Parents' Group - would you like to:

- Understand how trauma impacts on your children's behaviour and emotion
- Recognise indications of family violence in other relationships
- Build skills in emotional regulation, setting rules, boundaries, and establishing routines
- Learn strategies for positive communication
- Meet other parents who understand your experiences

Dates: Wednesdays, 8-sessions
21st October - 9th December 2026

Time: 4.15pm - 6.30pm

Place: For safety reasons, venue address provided upon registration

Cost: Free, bookings are essential

Contact: **Jayde Mitrevski - 0438 459 891**
jayde.mitrevski@anglicarevic.org.au

Beyond the Violence is a future-focused program, suitable for families who are no longer living with the person who uses violence, and are not in crisis

**Frankston Communities for Children initiative
is funded by the Australian Government**

PARENTZONE