

COURAGE TO HEAL: Domestic Violence Support Program

LifeCare Women's Centre, Box Hill

Intakes now open for our new group commencing 6th February 2019!

Attendance is available to eligible clients via a referral, intake & assessment. Limited spaces available.

PROGRAM DETAILS

Wednesdays

From 6 February - 4 December 2019 (during school terms)

10:00am-1:00pm

FREE Program

COURAGE TO HEAL is a 12-month, trauma-informed program providing post-crisis support for women who have experienced intimate partner violence.

The program has been developed and is run by a team of caring and experienced counsellors, psychologists, social workers and early childhood educators.

This strengths-based program provides therapeutic group work and psycho-education on:

- Understanding abuse (the cycle of violence, power and control, why it's hard to leave)
- Managing strong emotions (grief, loss, guilt, shame, anger)
- Building self-esteem and confidence
- Assertiveness training and building healthy boundaries
- Building healthy relationships

Other workshops/activities run throughout the year include:

- Parenting courses
- Art Therapy
- Life-coaching; job-readiness programs, self-defense classes, cooking classes, craft
- Plus, an educational and fun **Occasional Care Program** for children aged 0-5 years (run every session time)

WHO IS THIS FOR?

- Single mothers who have experienced intimate partner violence
- Women who have left the abusive relationship and are not currently in a crisis (unless sufficiently supported by other services)
- Woman who are feeling ready and motivated to commence their healing journey

PROGRAM AIM

- To provide a safe and welcoming space for vulnerable women and their young children (aged 0-5) to heal and grow
- To help break the isolation, through connection with others facing similar struggles
- To help people in tough places flourish

INCL. ACCESS TO A RANGE OF HOLISTIC SERVICES THROUGH LIFECARE:

- Counselling (individual; family; play therapy) *fee involved*
- Individual Mentoring (COACH) *FREE*
- Financial Care (B-Empowered program) *FREE*
- Community dinners and events (B-Together program) *FREE*

ENQUIRIES & REFERRALS

LifeCare Women's Centre Team Leader

Tuesday-Friday, 9:00am-5:00pm

Crossway LifeCare

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