

"The facilitators were really sweet and welcoming. I love how they both listened with such care.

ALYA* PARTICIPANT

Step Forward

Family violence support group for women

GROUPS
RUN EVERY
SCHOOL
TERM

About the group

Step Forward is an educational support group for women who have experienced family violence, and are looking for strategies and resources to heal from their experience and regain a sense of their rights. This support group is run by specialist family violence practitioners, who will help you to develop an understanding of your rights and an awareness of abusive behaviours.

What to expect

- A safe and empowering environment
- Reflective activities
- Self-care strategies
- Information about healthy boundaries and safe relationships
- Tools for identifying and responding to abusive behaviour

Where and when

The group is two daily sessions over two weeks. Tea, coffee and lunch are provided. You'll also receive a Wellbeing Self-Care Pack to take away.

Tuesdays February 6 and February 13
from 10am-2.30pm in the Box Hill area

How to get there

The group is located close to public transport and free parking is available in the surrounding streets. If you're having difficulty getting to the group, assistance is available to help you get there.

What about children

To help you concentrate on your own wellbeing, FREE ON-SITE CHILDCARE is available by prior arrangement.

Kara
family violence service



We acknowledge the Wurundjeri Woi-wurrung people as the Traditional Owners of the land on which we work. We pay our respects to their continued connection and care of Country for more than 60,000 years.

How to join the group

To join or find out more about Step Forward group:

T: 03 9899 5666 E: support@karaFVS.org.au

W: www.karaFVS.org.au