

LIFECARE WOMEN'S CENTRE COURAGE to CHANGE Programs Term 2 2017



LifeCare Women's Centre runs two **COURAGE to CHANGE** programs for women who are struggling with and recovering from challenging life issues such as family violence.

A separate children's program runs concurrently with these programs, enabling time out for the women. All programs are run by professionally qualified counsellors and children's staff.

B-Brave

This program focuses on supporting women, and their children affected by family violence. It is particularly helpful for those who are currently in or have recently ended an abusive relationship.

This 8 week program includes:

- Understanding Family Violence
- Impacts of Family Violence
- Managing strong emotions
- Single parenting
- Managing finance
- Regaining self-esteem and hope





B-Renewed

This program runs as a therapeutic support group. It focus on strengthening women who feel isolated (primarily single mothers). It is particularly helpful to those who have been struggling to recover from broken family relationships. This program empowers women to rebuild their lives with the support of the others around them.

The term 2 program focuses on 'Managing strong emotions' It covers the following topics:

- Understand grief & loss
- Coping with fear
- Managing anger
- Dealing with guilt and shame
- Stress management and more



Program Format

In Term 2, the programs run on **every Wednesday** from 19th April:

9:30	Program starts with group activities such as Art & Craft
10:30	Morning Tea
10:45	Relaxation/ Mindfulness exercise
11:00	Group programs starts
12:30	Lunch
1:00	Program finishes

Appointments are also available for other LifeCare services such as counselling and financial care.

For enquiries and referrals, please contact our Program Coordinator on 9886 3899 or email lifecare@crosswaylifecare.org.au. A referral form is available at crosswaylifecare.org.au