



# Domestic & Family Violence Group

**Are you currently living with or have you experienced domestic & family violence in your life?**

This is a 6 week, therapeutic and educational program, aimed at providing a supportive, friendly and safe environment where women with similar experiences can begin to heal and move forward.

Women are discouraged from telling their stories as we concentrate on being in the moment and preparing for the future.

This group is facilitated by experienced counsellors and case workers.

## **Some of the topics covered are:**

- The neuro/biological effects of stress and trauma.
- Healing and rebuilding yourself.
- Strategies for emotional regulation
- Learning language, behaviours, and strategies for empowerment

This group will be flexible, confidential, and supportive, and will focus on the needs of the women in the group.

Child Minding is available  
***Bookings are essential.***

**Commencing:  
Wednesday 23<sup>rd</sup> October 2024**

**–  
Wednesday 27<sup>th</sup> November  
2024  
(Inclusive)**

**Time:  
10am – 12pm**

**The Kogarah  
Storehouse  
16-18 Gray St,  
Kogarah NSW 2217**

**Cost: Free**

Term 4: 6-Week Domestic & Family  
Violence Workshop. Wednesday  
23 October - 27 November



## **FOR ALL BOOKINGS**

Contact:  
admin@movingforward.org.au

or use the following form:  
<https://forms.office.com/r/zqCL3VUS2w>