



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.

Bookings are essential.

**Commencing:
Wednesday 23rd October 2024**

**–
Wednesday 27th November
2024
(Inclusive)**

**Time:
6pm – 8pm**

Hurstville NSW 2220

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>