



Pathway of Change

Sutherland Shire &
St George Residents

FREE COURSE

**Fridays for 5 weeks
10:00am - 12:00pm
The Family Co. Jannali**

TERM 4

**Starts: 16th Oct 2026
Ends: 13th Nov 2026**

Please note, places are limited and registration is necessary.

Please don't hesitate to contact us via phone or email for enquiries.

(02) 9528 2933

info@thefamilyco.org.au

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DOMESTIC VIOLENCE SUPPORT GROUP

A free, safe and inclusive 5 week support group for women whom have experienced domestic violence

- This group is designed to provide a safe and nurturing space for women to understand the complexity of Domestic and Family Violence reduce the social isolation of their experience.
- Through the lived and shared experiences of participants, the group allows women to build on their strengths and resilience skills.
- Group covers a range of education topics which help women explore the effects that Domestic and Family related Violence may have and begin to develop strategies that promote healing.

**The
Family
Co.**

90 Soldiers Road,
JANNALI, NSW 2226

Shop 9 / 3 Cross Street,
Westfield Hurstville,
HURSTVILLE, NSW 2220

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