

Making changes for new beginnings



A therapeutic support group for women

Have you felt scared, intimidated, threatened or unsafe in your relationship with your partner?

Did you have control of your finances?

Has your partner blamed you for their abusive behaviour?

Making Changes for New Beginnings is a 8 week support group for women who have experienced family violence.

The group aims to help you identify the effects of abusive relationships and create new beginnings for yourself.

Topics covered include:

- Cycle of violence
- Difference between anger and violence
- Healthy and unhealthy relationships
- Safety planning
- Parenting after family violence

Cost

Free

Date

Monday 9th February 2026- Monday 20th March 2026 (no group on 9th March- Labour Day).

Time

10:30am-12:30pm

Venue

Narre Warren

Light refreshments will be provided.

Get in touch

For more information or to book, contact Aslin or Rachel on 8792 8999

Register

<https://forms.office.com/r/HSQwsy27K>



Uniting