

Stand Together

A group for women who have survived domestic family violence

When: Wednesday's 25 October, 1, 8, 15, 22, and 29 November 2017

Where: Wyoming Women's Health Centre,
37 Maidens Brush Road, Wyoming

Time: 10am - 12pm

Limited Free childcare available for a gold coin donation;

Bookings essential

Participants will need to complete a pre-group interview

CENTRAL COAST



FAMILY SUPPORT SERVICES

To register, please contact
Central Coast Family Support
Services on 4340 1585 or
ccfss@ccfss.com.au



Stand Together

This 6 week program is for women who have left a domestic violence relationship to provide them with the skills to help their parenting and repair relationships with their children post-DV.

Week 1: Introductions and key concepts

Week 2: Effects of DFV on parenting

Week 3: Repairing relationships with your children

Week 4: Managing behavioural reactions and contact

Week 5: Healthy relationships for you and your children

Week 6: Self-care and parenting: your support networks