

MOVING ON

FAMILY VIOLENCE SUPPORT GROUP



BUILDING HOPE AND STRENGTH FOR THE FUTURE

Our group is for women and their children who have experienced family violence and might be feeling alone, stuck and overwhelmed. Over 6 weeks enjoy relaxation activities like massage, music therapy and Tai chi as well as group discussions.

It's a safe place to take time out, make strategies for the future and to talk with other women with similar circumstances. The group is facilitated by a specialist family violence practitioners who understand your situation and FREE childcare is available.

FREE 6 week course starts Thursday 7 February 2019

Thursday mornings – 10am to 12pm in Box Hill area

To find out more call **1800 900 520**

Email: admin@karahouse.org.au

Web: www.karahouse.org.au

*Supporting the rights of
women and children to
live safely and without fear*



Kara House

MOVING ON

FAMILY VIOLENCE SUPPORT GROUP

A FREE 6 week support group for women who have experienced family violence.

Our Family Violence Support Group meets one morning per week between 10am and 12pm. There will be women and children of all ages and backgrounds attending. FREE childcare is provided to let you concentrate on your well-being. The group is facilitated by specialist family violence practitioners who understand family violence.

Some of the activities may include:

- Art therapy
- Music Therapy
- One-on-one chats
- Tai chi / Yoga
- Facilitated group discussion
- Massage



- Thursday mornings 10am to 12pm
- Box Hill area
- FREE childcare each week by prior arrangement
- Morning tea provided
- Close to public transport – assistance with public transport may be available with prior arrangement

To find out more call 1800 900 520

Email admin@karahouse.org.au

Online at www.karahouse.org.au