



**BUILDING HOPE AND STRENGTH FOR THE FUTURE**

# MOVING ON

## FAMILY VIOLENCE SUPPORT GROUP

The group is for women and their children who have experienced family violence and might be feeling alone, stuck and overwhelmed. It's a safe place to take time out, improve your well-being and develop strategies for the future. Over 6 weeks enjoy relaxation activities and time to talk with other women with similar circumstances. The group is facilitated by specialist family violence support workers who understand your situation and are there to help.

To find out more call **1800 900 520**  
Email [admin@karahouse.org.au](mailto:admin@karahouse.org.au)  
Online at [www.karahouse.org.au](http://www.karahouse.org.au)

**FREE 6 week course starts Thursday May 17th**

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

The Family Violence Support Group meets one morning per week between 10 am 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. There will be group discussions and one-on-one chats all about developing solutions and to help you rebuild your self-worth and move forward.

### Some of the activities may include:

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

The group is facilitated by specialist support worker who understands family violence.

- **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**



Music Therapy

**Tucker**  
ALBERT & BARBARA  
TUCKER FOUNDATION

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

  
**Kara House**