

# MOVING ON

FAMILY VIOLENCE SUPPORT GROUP

A support group to help women build hope and strength for the future



**MOVING ON** is for women who have experienced family violence and might be feeling alone, stuck and overwhelmed. It's a safe place to take time out, make strategies for the future and connect with other women in similar circumstances.

**FREE 6 week course starts Tuesday February 23 and ends Tuesday March 30**

Mornings – 10am to 12pm  
in the Box Hill area

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

**MOVING ON** meets Tuesday mornings between 10am and 12pm. We welcome women of all ages and cultural backgrounds. **MOVING ON** is facilitated by Specialist Family Violence practitioners who understand your situation. It's a time to be creative, hear new ideas and meet other women in a similar circumstance. FREE childcare is available so you can concentrate on your own wellbeing.

- **MOVING ON** Tuesday mornings 10am to 12pm in the Box Hill starting February 23
- **FREE CHILDCARE** is available with prior arrangement
- Close to public transport – assistance with transport may be available with prior arrangement
- Morning tea packs will be served
- All COVID-19 government requirements will be followed to maintain the safety of participants
- You can do all 6 sessions or come for one or two

“Hearing other people, makes you stronger, so you never return back, and that maybe you made the right choice.”

PARTICIPANT NOV 2020

To register for **MOVING ON** or find out more call **1800 900 520**, email [admin@karahouse.org.au](mailto:admin@karahouse.org.au) or go online [www.karahouse.org.au](http://www.karahouse.org.au)

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