



# LIVING FREE

A group for women who have experienced past or current family violence / intimate partner abuse

## **Emotional, Physical, Verbal, Financial & Sexual Abuse**

*“Living Free” is an educationally based group looking at the effect abuse has on women, strategies to bring about change, recover and move on. Topics include What is Family Violence/Intimate Partner Abuse; How to Manage Stress; Developing Self-Esteem; The Cycles of Abuse; Understanding Guilt, Shame, Anger and Grief; Signals of Healthy and Unhealthy Relationships; the Effects of Abuse on Children; Self Nurture and other topics that arise through group discussion.*

**The group runs 2 hours each week**

The group leaders are skilled facilitators and therapists

**There is no charge to attend this group**  
**For information about the group contact Julie or Susan on**  
**9841 4215 or 0410647992**

**For information about Domestic Violence/Intimate Partner Abuse**  
[www.dvirc.org.au](http://www.dvirc.org.au)