



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