

STEP FORWARD

Family violence support
and education program
for women

Kara

family violence service

STEP FORWARD is an educational support group for women who have experienced family violence and in need of support.

About the group

The program is for women who have experienced family violence, and are looking for strategies and resources to heal from their experience and regain a sense of their rights. This support group is run by specialist family violence practitioners, who will help you to develop an understanding of your rights and an awareness of abusive behaviours.

What to expect

- A safe and empowering environment
- Tools for identifying and responding to abusive behaviour
- Reflective activities
- Information about healthy boundaries and safe relationships
- Self-care strategies

Certificate of completion

All participants will receive a certificate to acknowledge and celebrate their completion of the program.

Where and when

The group is two daily sessions over two weeks and groups run every school term. Tea, coffee and lunch are provided. You'll also receive a **Wellbeing Self-Care Pack** to take away.

- **Over two consecutive Tuesdays**
Tuesday November 18 and
Tuesday November 25
- **From 10am-2.30pm**
- **In the CHADSTONE area**

How to get there

The group is located close to public transport and free parking onsite and in the surrounding streets. If you're having difficulty getting to the group, assistance is available to help you get there.

How to join the group

To join or find out more about **STEP FORWARD**:

T: 03 9899 5666

E: support@karaFVS.org.au

W: www.karaFVS.org.au

**NEXT
GROUP
NOV 18 AND
NOV 25**

