



BACK ON TRACK

A free, family based therapeutic program for safe caregivers and children aged 5-12 impacted by family violence - particularly where one or more children are experiencing big emotions, heightened reactions or challenging behaviours.

The program includes 9 weeks of therapeutic groups, weekly practitioner support and the option of 6 tailored family-based therapeutic sessions following the group program - including assessment review and closure, providing families with up to 18 weeks of support.

Through trauma-informed approaches, art and play, we help families to:

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-  Respond to reactive/aggressive behaviours
 -  Understand and regulate big emotions
 -  Strengthen child-caregiver relationships
 -  Build healthier communication and coping skills
 -  Enhance emotional safety at home
 -  Support healthy sibling relationships



**Program starts
14 October 2026**



Mums/Safe Caregivers

Group: Wed 10am-12pm in person
Practitioner Support: Online weekly



Children (Mums/Safe Caregivers remain onsite)

Groups ages 5-8 and 9-12: Thu 4pm-5pm in person
Arrive 15 mins early for snacks & settling in



Location: Bayside/Kingston area



Referral pathway

For self-referrals, professional referrals or to request a referral form, get in touch with our team through our contact details below. Please note only female safe caregivers are eligible to attend.

Contact us:

therapy@emergesupport.org.au

Website:

<https://www.emergesupport.org.au>

