



Term 4 2024
Program

NEW OFFERING

Domestic violence – what's it all about?

10.00am to 12.30pm
Thursday 31 October

For more information and to register, please contact daisycentre@maryshouse.org.au

Domestic violence and abuse is prevalent in our society today but often difficult to recognize. To help women understand what may be occurring in their intimate partner relationship, we have put together a workshop to provide an overview of this complex issue and provide details of those who can best assist.

This workshop is suited to women still in or have recently left the relationship.

The program aims for women to:

- gain an understanding of domestic and family violence and its impact
- gain an understanding of the coercive control legislation
- gain an understanding of safety issues
- learn what support is available to them
- connect women with others going through a similar experience

GROUPS

Parenting and DFV (4 weeks)

11.00am to 1.30pm

Tuesdays (15, 22 and 29 October and 5 November)

For more information and to register, please contact daisycentre@maryshouse.org.au

Parenting and DFV is a four week group program and is suitable for women who have previously received psychoeducation on the dynamics and complexities of domestic and family violence (DFV).

This group will provide women with strategies and tools to support parenting their children who have also been impacted by domestic and family violence.

Parenting and DFV incorporates elements from other programs and theories including: Black Box Parenting, Attachment Theory, Emotional Coaching, Bringing Up Great Kids and Parenting after Family Violence.

The program is suitable for women with children between three and 12 years old and is run by a qualified counsellor.

The program aims for women to:

- build rapport with children; develop safe, predictable, meaningful relationships;

	<ul style="list-style-type: none"> - validate children’s feelings and emotions; build children’s resilience; - use play/special time for self-regulation and creating positive memories; and - develop tools for kind and understanding responses to children’s behaviour, positive coping strategies
<p>Art Therapy (5 weeks)</p> <p>10.30am to 12.30pm</p> <p>Mondays (28 October and 4, 11 and 25 November and 9 December)</p> <p><i>Register using this QR code</i></p>  <p><i>We will be giving priority to clients new to Art Therapy. If you are a returning client, please register, and we will notify you closer to the start of the classes if a place is available.</i></p>	<p>Art Therapy is a five-week group program for women who have experienced abuse who are looking for an alternative way to develop self-awareness, explore emotions, address unresolved emotional conflicts, improve social skills, and improve self-esteem.</p> <p>All materials are provided, and no art experience is needed. This program is run by a qualified art therapist.</p> <p>The program aims for women to:</p> <ul style="list-style-type: none"> • enhance physical, emotional, cognitive functioning, and social integration; and • develop insights and understanding to facilitate change.
<p>Reflect & Restore</p>	<p>WILL BE AVAILABLE TERM 1 2025</p>
<p>Connect</p>	<p>WILL BE AVAILABLE TERM 1 2025</p> <p>Please email daisycentre@maryshouse.org.au expressions of interest for Term 1.</p>

WORKSHOPS

Financial Wellbeing

10.00am to 12.00pm

Thursday - 21 November

Register using this QR Code



Financial Wellbeing is a 90-minute workshop run in conjunction with CatholicCare. The program is suitable for women who have experienced financial abuse and want to gain basic knowledge and access to resources on financial matters that can assist them moving forward.

The program aims for women to:

- learn how to recognise and respond to financial abuse
- gain financial sustainability and control through basic budgeting
- learn about debt – good and bad
- access to financial support services and resources

Free childminding can be arranged if requested at time of registration. Morning tea is provided for all Groups and Workshops.

Please note, the venue will be confirmed once you have registered.

For more information contact our Community Programs Co-ordinator on daisycentre@maryshouse.org.au