



Term 1 2025
Program

WORKSHOP

Domestic violence – what's it all about?

10.00am to 12.30pm
Thursday 20 March

For more information and to register, please contact referrals@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

Reflect & Restore (5 weeks)

11.00am to 1.30pm

Tuesdays (18 and 25 February and 4, 11 and 18 March)

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

Reflect & Restore is a five-week group program and is suitable for women who have left an abusive relationship and are ideally receiving support from a counsellor or psychologist. This is a reflective program that blends both psychoeducation with therapeutic activities including art and drumming and mindfulness.

The program aims for women to:

- increase understanding of domestic and family abuse
- build connection with other women
- gain an understanding how past traumatic events can have an impact on emotional responses
- develop strategies for emotional stabilisation, resilience, and self-care

Art Therapy (6 weeks)

10.30am to 12.30pm

Mondays (17 and 24 February and 3, 17, 24 and 31 March)

Art Therapy is a six-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.

All materials are provided, and no art experience is needed. This program is run by a qualified art therapist.

Register using this QR code



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.

The program aims for women to:

- enhance physical, emotional, cognitive functioning, and social integration; and
- develop insights and understanding to facilitate change.

Connect (16 weeks over two terms)

10.00am to 11.30am

Wednesdays (starting 12 February)

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

Connect is a 16-week program (Level 1 – 8 weeks, Level 2 – 8 weeks) of exercise-based physiotherapy for women of all levels of fitness who have experienced abuse and want to strengthen their physical and emotional health.

The program is run by an exercise-sensitive physiotherapist.

The program aims for women to:

- develop strategies to regulate the nervous system
- build fitness and strength
- support emotional healing

We recognise your circumstances may change but we would like you to commit to attending all 16 weeks over the two terms.

Parenting and DFV

WILL BE AVAILABLE TERM 2 2025

Financial Wellbeing Workshop

WILL BE AVAILABLE TERM 2 2025

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 Intake and Referral Caseworker on 1800 002 111 or email referrals@maryshouse.org.au.