

WORKSHOP

Domestic violence – what's it all about?

10.00am to 12.30pm
Thursday 7 August

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 (29 July and 5, 12, 19 and 26 August)

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 (5 weeks)

10.30am to 12.30pm
Mondays (11 and 18 August and 1, 8 and 15 September)

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.

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

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.

Please register using this QR Code:



Connect (8 weeks)
10.00am to 11.30pm
Wednesdays (starting 6 August)

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

The program aims for women to:

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

Connect is an 8 week program 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 a trauma-sensitive physiotherapist. Women are welcomed into a context which offers choice, safety, kindness, and the opportunity to go at their own pace.

The program aims for women to:

- develop strategies to regulate the nervous system to support emotional healing
- be equipped with knowledge and skills to better manage pain and tension
- build strength and confidence
- connect with women who have been through a similar experience

Parenting and DFV

WILL BE AVAILABLE TERM 4 2025

Please email referrals@maryshouse.org.au expressions of interest for Term 4.

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.