



Community Programs

Term 1 2026

Please note if you are interested in any Community Programs Workshops, Groups or Clinics we have a new registration procedure through Mary's House Intake and Referral Caseworker on referrals@maryshouse.org.au or 1800 002 111.

Free parking and childminding can be arranged, please request when registering.
Morning tea will be made available at all Workshops and Groups.

WORKSHOP

Domestic violence – what's it all about?

10.30am to 12.30pm
Thursday 12 March

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.

Reclaim your Financial Freedom

11.30am to 1.00pm
Thursday 19 February

Struggling with your finances: You are not alone, and your future is worth investing in. Join this one and a half hour financial literacy workshop designed specifically for our clients who want to regain control of their financial wellbeing.

What you'll learn:

- Understanding your current financial position — and taking charge
- Navigating entitlements like Centrelink and support services
- Demystifying bills, utilities, and budgeting basics
- Identifying hidden debts — and knowing your options.

You'll walk away with practical tools, clarity, and confidence to take the next step — whatever that looks like for you.

GROUPS

Reflect & Restore (4 weeks)

11.00am to 1.30pm
Tuesdays (10, 17, 24 and 31 March)

Reflect & Restore is a four-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

	<ul style="list-style-type: none"> • 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 (16 February, 2, 16, 23 and 30 March) <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>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.
Connect (8 weeks) 11.15am to 12.45am Wednesdays (starting 11 February) <i>Please note that an in-person, one-hour initial consultation with the facilitator is required before starting the course</i>	<p>Connect is an 8 week program of exercise-based physiotherapy for women of all levels of fitness who have experienced abuse and want to nurture and improve their physical and emotional health.</p> <p>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.</p> <p>The program aims for women to:</p> <ul style="list-style-type: none"> • 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 and energy • connect with women who have been through a similar experience.
Parenting and Domestic and Family Violence	WILL BE AVAILABLE TERM 2 2026

CLINICS	
Family Law 9.00am to 1.00pm One Wednesday a month	The Family Law Clinic offers women the opportunity to discuss their options in matters of property, child support, spousal maintenance and parenting. The Clinic is run by family lawyers offering their service on a pro bono basis.
Safety Ongoing	To assist with safety planning we can refer you for an electronic audits and sweeps on phones, computers and cars to detect and advise on the removal of tracking devices and malicious spyware. Audits are conducted in person or remotely.
Financial Counselling Ongoing	Catholic Care Financial Counsellors provide assistance to women on various financial matters.