



Community Programs

Term 3 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.

WORKSHOPS

Domestic violence – what's it all about?

10.30am to 12.30pm
Thursday 6 August

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.

Financial Wellbeing/ Reclaim your Financial Freedom

10:30am to 12pm
Thursday 3 September

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.

This 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

Employment Readiness

10.30am to 12.30pm
Thursday 27 August

Thinking of returning to work or retraining to enter a field you haven't previously worked in? We recognise everyone's journey is different. This 2 hour workshop will support you in moving towards your goals.

This program aims for women to:

- identify any barriers you may face in returning to work
- identify your return to work goals
- learn what contributes to a strong CV and covering letter
- learn effective job search strategies
- build confidence and learn the importance of support networks

GROUPS

Art Therapy (6 weeks)

10.30am to 12.30pm
Mondays (3, 10, 17, 31
August, 7 and 14
September)

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.

Art Therapy is a six week 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.

The program aims for women to:

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

Connect (8 weeks)

11.15am to 12.45pm
Wednesdays (5, 12, 19, 26
August, 2, 9, 16 and 23
September)

Please note that an in-person, one-hour initial consultation with the facilitator is required before starting the course

Connect is an eight 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.

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 tension
- build strength and confidence and energy
- connect with women who have been through a similar experience

Reflect and Restore (4 weeks)

10.30am to 12.30pm
Tuesdays (28 July, 4, 11 and
18 August)

Reflect & Restore is a four week 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, drumming, and mindfulness.

The program is run by a qualified counsellor.

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

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.