

DOMESTIC & SEXUAL VIOLENCE SURVIVOR'S SUPPORT GROUPS

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>It is Time to TALK Domestic Violence Support Group</p> <p>An eight week group for women who have been in an abusive relationship in their adult lives. This is a small safe group lead by an experienced group leader. The program aims help women to: explore the effects of living in an abusive relationship; develop an understanding of the types of domestic violence; increase self-esteem; find new ways of relating to self and others and gain a sense of control of their lives. The group will be run if there are sufficient numbers.</p>	<p>Venue TBA</p> <p>Term 1: Tuesdays 14 Feb – 3 April 10am – 1pm</p> <p>Term 2: Thursdays 17 May – 7 June 10am – 1pm</p> <p>Bookings essential Informal interview required</p> <p>Assistance with payment for accredited childcare may be available.</p>	<p>Free</p> <p>Women's Information and Referral Centre Ph: 6205 1076 wirc@act.gov.au www.women.act.gov.au</p>
<p>Discoveries</p> <p>A nine week program for survivors of child sexual abuse, discussing the impacts now as adults. Participants must commit to the nine week program.</p>	<p>The Canberra Rape Crisis Centre</p> <p>Tuesdays 8 May 4 – 7pm</p>	<p>Free Canberra Rape Crisis Centre</p> <p>Ph: 6247 2525</p>
<p>Art Therapy</p> <p>An eight week group for expressing feelings through art medium.</p>	<p>The Canberra Rape Crisis Centre</p> <p>Tuesdays 21 Feb 11.30am – 2.45pm</p>	<p>Free Canberra Rape Crisis Centre</p> <p>Ph: 6247 2525</p>
<p>Mindfulness Group</p> <p>A six week group, helping you to come into the here and now and putting the past behind you.</p>	<p>The Canberra Rape Crisis Centre</p> <p>Tuesdays 28 Feb 4.30 – 6.30pm</p>	<p>Free Canberra Rape Crisis Centre</p> <p>Ph: 6247 2525</p>
<p>Youth Group</p> <p>An eight week program for 12 – 16 year olds, offering support to survivors of sexual abuse.</p>	<p>The Canberra Rape Crisis Centre</p> <p>Thursdays 3 May 4.30 – 6.30pm</p>	<p>Free Canberra Rape Crisis Centre</p> <p>Ph: 6247 2525</p>
<p>Parent Group</p> <p>Supporting parents who have children who are survivors of child sexual abuse.</p>	<p>The Canberra Rape Crisis Centre</p> <p>Thursdays 3 May 4.30 – 6.30pm</p>	<p>Free Canberra Rape Crisis Centre</p> <p>Ph: 6247 2525</p>