

WIRC SUPPORT GROUPS

Course Name/Description	Venue/Date/Time	Cost/Contact
<p>Moving On After Separation</p> <p>A six week group for women who have separated from a non-abusive relationship. This is a support group for women wanting to look at the process of separation, share experiences and develop strategies to find positive outcomes in this new life stage. Groups will be run if there are sufficient numbers. Expressions of interest are sought.</p>	<p>Venue TBA</p> <p>Term 1: Tuesdays 21 Feb – 27 March 5.30 – 8.30pm Bookings essential</p> <p>Informal interview is required</p>	<p>Free</p> <p>Women's Information and Referral Centre Ph: 6205 1076 wirc@act.gov.au www.women.act.gov.au u</p>
<p>It is Time to TALK</p> <p>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 to 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. Expressions of interest are sought.</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 u</p>