

# TERM 1 2024

# SUNSHINE CIRCLES

An 8-week program for families impacted by family violence

**Who:** Mum & Child  
(aged 3-5 years)

**Time:** 10-11am Thursdays from  
February 8th

**Where:** Waratah House, City of  
Whitehorse

**Cost:** Free

Based on Theraplay® principles, this song and play-based program has been developed to support families by:

- Building attachment
- Increasing self-esteem and ability to trust
- Developing emotional regulation skills
- Having fun together!

Free occasional child care available for siblings.



To contact us or make a referral phone (03) 9886 3899  
or email [FVPrograms@crosswaylifecare.org.au](mailto:FVPrograms@crosswaylifecare.org.au)