



Courage to Heal Program

Community · Empowerment · Support

Family Violence Support Program

The Courage to Heal Program is a 12 month group therapy program for women who have experienced intimate-partner violence

The program runs weekly during school terms and breaks over school holidays. Courage to Heal covers topics including understanding abuse, managing emotions, healthy boundaries and healthy relationships. The program aims to create community, empower and support women as they heal and recover from the impacts of family violence

Occasional child care available for pre-school aged children while their mums attend the program.

Who: The program provides post-crisis support. It is suitable for women who have experienced intimate-partner violence but are not longer in an abusive relationship and are able to commit to the 12 month program.

Cost: Free

Where: Waratah House, at a confidential location within the City of Whitehorse. Accessible via public transport.

When: Thursdays 10am-12:30pm commencing 2nd May 2024

Referrals: FVPrograms@crosswaylifecare.org.au or 9886 3899

LifeCare Family Violence Programs

Email FVPrograms@crosswaylifecare.org.au
Website crosswaylifecare.org.au (Download referral form)

CROSSWAY **LIFECARE**

"The Courage to Heal Program really empowered and challenged me in ways I never thought possible. Each week we would discuss topics that made me think, self-reflect and most importantly heal. I found strength, wisdom, life skills and friendship and I am forever grateful for the Waratah House and all it represents. It really is a safe haven for us women survivors."