

Moving On

Are you in or have you been in a hurtful relationship?

Have you had a partner be violent towards you?

Have you had a partner who made you feel bad about yourself?

Moving On is an empowering and supportive group for women who have experienced or are experiencing abusive relationships.

What does Moving On involve?

Weekly sessions are led by experienced counsellors. We focus on exploring the nature of family violence, relationships and empower and help women to develop skills to create a positive future.



Is individual counselling offered?

Yes. Our Family Violence Counselling service supports women experiencing violence and abuse from a partner, ex-partner or someone else they are close to. We help and empower women to make their own choices. It is confidential and non-judgemental.

What is the cost?

This service is free.



Call 9744 4455 for the dates of our next group or for more information.

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