



2017.124

## **BEYOND THE VIOLENCE**

### **AN 8 WEEK PROGRAM FOR MUMS AND THEIR CHILDREN WHO HAVE EXPERIENCED FAMILY VIOLENCE.**

- Are you dealing with the effects of family violence?
- Does your child's anger or anxiety worry you?
- Are you tired of yelling?

**DATES:** Every Wednesday from 2nd May to 20th June 2018

**TIME:** 4pm to 6.30pm  
(refreshments provided)

**WHERE:** St Johns Anglican Church,  
27 Childers Street,  
Cranbourne 3977

**COST:** **FREE of Charge**  
Bookings are essential

**BOOKINGS:** Karen Piscopo on  
0499 079 749



**BEYOND THE VIOLENCE**



**WE'D LIKE TO  
HEAR FROM YOU  
CALL 03 5945 2000 FOR MORE  
INFORMATION  
WE CAN HELP YOU MOVE  
BEYOND THE VIOLENCE**

**Are you finding it hard for your children and you to stop fighting and live life as you want it to be?**

**YOU ARE NOT ALONE!**

**WHAT PARENTS HAVE SAID ABOUT THIS PROGRAM:**

"It was so good to spend this time with others who have been through similar experiences and who understand."

"I can understand their behaviours and actions a lot better."

"I have stopped swearing, yelling and smacking, [now I have] other options to use."

"I feel safe and normal."

"We talk about everything and anything. We laugh together again."

"A better atmosphere in the household."

"I made new friends."

"My 5 year old is much more affectionate with me."

#### **Aims of the program**

Helping families to establish safety, rebuild family relationships and move forward with their lives following Family Violence.

#### **What happens at the Program?**

The program has a group for parents and one for children, running at the same time, and finishes with a joint "sharing time".

The parent's group is led by facilitators and offers you a safe place for discussion, information sharing and to learn new ways to deal with your children's behaviours. The children's group is led by adult facilitators and your child will have fun learning positive and supportive behaviours through games, stories, discussion and safe play.

As adults, we know that violence occurs in a cycle. This cycle can affect families in many ways, including parents' confidence, children's behaviour and family relationships. Once families are caught up in this cycle it can be hard to break free or get over the effects of it.

The Beyond the Violence program can help families to regain control, rebuild family relationships and restore hope for the future.

#### **Is this program for me?**

- Do you have trouble knowing what to say or do to relate to your children?
- Do you feel isolated or alone?
- Do you worry for the future?
- Do you want the confidence to make healthier choices?
- Does your child have trouble making friends?
- Do you need new ideas to manage your child's behaviour?
- Do you ever ask yourself "How did it come to this?"
- Do you want to strengthen your relationship with your child?