

TERM 1, 2020

Turning the Page

Turning the Page* is a women's support group created by Parramatta/Holroyd Family Support Inc., designed to educate and empower women who have experienced family or domestic violence.**

Turning the Page is a mostly flexible program, giving participants the autonomy to choose the topics they wish to discuss.

In previous group sessions, we have covered:

- Safety planning
- Legal information (ADVO / Family Law)
- Parenting after domestic violence
- Rebuilding self-esteem and self-confidence
- Healthy relationships
- Self-care
- Goal setting and budgeting

*Women are welcome from all over Sydney, however, priority will be given to women who are currently living in the Parramatta/Holroyd LGA.

**This group is designed for women who are no longer in a relationship where there is domestic violence, and may not be suitable for women who are currently in a violent relationship. If you or your client is currently experiencing domestic violence and are seeking assistance, please call the DV hotline: 1800 656 463 (24hrs).

WHEN?

Term 1:

06 Feb 2020 to 26 Mar 2020

Thursdays, 10:30AM to 12:30PM

WHERE?

Toongabbie Baptist Church
180 Toongabbie Rd,
Girraween NSW 2145

COST?

FREE!

CHILDCARE?

FREE (onsite) childcare for children aged 5yrs and under.

**STAYING
HOME**
LEAVING
VIOLENCE
CHOOSE TO STAY
& SEND VIOLENCE AWAY


Parramatta Holroyd
Family Support Inc

To make an enquiry:
Please call Robyn or Jodi on 9636 8437