Women Making Choices

This is a weekly program on Tuesdays for women who have or are currently in relationships where their experience is a feeling of powerlessness. This experience may include a range of controlling and abusive behaviours that leave women feeling helpless. This group is an opportunity for women to share their experiences, gain new understandings, to offer support to others and receive support.

Information on the group program

RAV is offering a group program that is educative, therapeutic and supportive for women who are currently in, or in the past have experienced, controlling or abusive relationships. These women often feel worthless, powerless, not good enough and blamed for the negative aspects of the relationship.

It is not surprising that many women who are abused feel depressed and constantly struggle with the ability to cope with everyday tasks of caring for the family, often feeling exhausted. Coping with abusive relationships is difficult. Many women have found that coming together to share their experiences and receive information has enabled them to gain an insight into understanding family relationships together with providing them with much needed support.

The group program will cover topics such as:
- understanding of family relationships
- safety issues for all family members
- exploring patterns of behaviour
- self-care
- impact on children
- parenting
- healthy relationships
- information, services and resources available.

Please note: Babies and children cannot be accommodated in groups.

When: 6:30 - 8:30pm
      Tuesday

Duration: 8 sessions per course

Group 1: February 5, 12, 19, 26; March 5, 12, 19, 26
Group 2: July 16, 23, 30; August 6, 13, 20, 27; Sept 3
Group 3: October 15, 22, 29; Nov 12, 19, 26; Dec 3, 10

Where: 46 Princess Street, Kew

Cost: Free of charge

Contact: For further information or to register
         Ph: (03) 9261 8727 or email
         relationshipseducation@rav.org.au

All women interested in participating must call for an assessment prior to registering for the group.