Has your family been affected by family violence?

Are you yelling more than you would like? Are the kids in trouble at school?

Would you like to have better relationships with your kids?

Want things to be different?

Beyond the Violence is an 8 week program for the non-violent parent and their children 0 – 18 years. Parent sessions and children’s sessions run at the same time and are guided by trained facilitators.

Date: Tuesdays - 7, 14, 21, 28 May and 4, 11, 18, 25 June 2013
Time: 4.00pm to 6.30pm
Where: Orwil Community House
       16 Orwil Street, Frankston
Cost: FREE Afternoon tea will be provided
Contact: Barbara Biggelaar on 0458 750 754

What happens in a Beyond The Violence Group?

For the Parents:
• To enable people to move beyond the past
• To gain new parenting strategies and ideas
• To re-establish relationships and trust between you and your kids

For the Kids and Teens:
• Age appropriate activities
• Opportunities to develop leadership
• Tell stories and have discussions
• Set personal boundaries
• Develop appropriate behaviours through games and play
• Explore positive ways to communicate their wants and needs
• Develop appropriate behaviours

Family Group Time - For the Parents and Children Together:
• Reconnect
• Re-establish trust
• Re-build family relationships
What is Family Violence?

When we talk about violence we tend to think of physical violence. But violence can take many different forms. Family violence can be:

- Physical
- Emotional
- Social
- Sexual
- Financial
- Verbal
- Spiritual

Family violence affects all members of a household. Children who witness violence or hear violence are affected just as much as those who experience it first hand.

Family violence goes in a cycle. Often families get caught in the cycle of violence despite their desire and need for safety. Do you recognise the build up of tension, followed by an explosion of abuse? And then the remorse and promises of ‘never again’?

The Cycle of Violence

If you want to break this cycle or have already taken steps to move on, why not join Beyond The Violence and take control of your life.

Some common worries for families who experience family violence:

- Children’s behaviour at school and at home
- Mums who don’t want to yell and scream
- Lack of friends for both Mum and the kids
- Feeling that the family has failed
- Feeling that things will never change
- Negative relationships between mothers and children
- Siblings fighting with one another
- Kids copying the violent partner’s behaviour

You are not alone!

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