



Support & Therapeutic Groups

Term Three

PRACTICAL INFORMATION AND EDUCATION SESSIONS

WHEQ is partnering with some key services in the field to provide practical and educational sessions covering topics such as Financial wellbeing (budgeting, debts, savings), Legal info (post separation, DVO applications, cross order, family law) as well as Victims Assist (applying for financial support).

Each week will have different services and registrations are required.

Beginning Thursday 20 July for 5 weeks, 9:30am-11:30am.

WOMEN'S WELCOME GROUP

A space to connect and explore self-care and coping strategies. For new women who are waiting to access services from WHEQ. An open group running monthly on **Wednesdays 10am-12pm (25 July, 29 August, 26 September)**.

BRINGING UP GREAT KIDS- PARENTING AFTER VIOLENCE

A mindful, reflective and respectful parenting program learning alongside others, with a focus on rebuilding trust and connection with children (0-8 years) who may have been impacted by violence. **Wednesdays starting 19 July 10am-12:30pm** (length of term TBC).

TREE OF LIFE

This one-day workshop that supports participants to reflect and identify future goals, their strengths, and support systems will run on **Thursday 31 August, 9:30-12:30pm**.

SOCIAL GROUP

This monthly group is a space for connection and support for women who have previously completed a group program or counselling at WHEQ. This group also connects women to other services in our community. Please RSVP for this group because places are limited. On the last Friday of each month from 10am -12pm **(28 July, 25 August, 29 September)**.

Spaces are limited, please contact us on 07 3216 0976 (ext. 1) or health@wheq.org.au to enrol in these groups.



Learn More