



Support & Therapeutic Groups

Term Four

SHARK CAGE

This group offers a safe space to facilitate healing and empowerment for women who have experienced domestic and Family Violence through increasing knowledge of healthy/unhealthy relationships, discussion on self care, building capacity to set boundaries, building assertive communication skills and decrease feelings of self blame.

Weekly for 8 weeks Beginning Thursday 5 October 9:30am-12:30pm

BRINGING UP GREAT KIDS- PARENTING AFTER VIOLENCE (ADOLESCENTS)

A mindful, reflective and respectful parenting program learning alongside others, with a focus on rebuilding trust and connection with adolescents (10 yrs +) who may have been impacted by violence.

Weekly for 7 weeks on Wednesday Beginning 11 October, 10am-1pm

WOMEN'S WELCOME GROUP

A space for new women to connect and explore self-care and coping strategies alongside others using Art and craft.

Monthly on Tuesday 31 October, 28 November 10am-12pm

SOCIAL GROUP

This monthly group is a space for connection and support using different activities for women who have previously completed a group program or counselling at WHEQ.

Monthly on Friday 27 October, 24 November. From 10am-12pm.

PILATES

Trauma-Sensitive Pilates is a method of Pilates that provides a safe environment for you to learn to identify and tolerate physical sensations to increase emotional awareness and affect tolerance.

Weekly for 6 weeks on Friday beginning 6 October at 9:30am for 1 hour

TREE OF LIFE

This is one-day workshop that supports participants to reflect and identify their journey from the past and future goals by identifying their strengths, and support systems.

Wednesday 29th November 10-1pm

All groups will be held at WHEQ offices with limited spaces, please contact us on 07 3216 0976 (ext.1) or health@wheq.org.au to enrol in these groups.



Learn More