

# Stand Together

A group for mothers who have been subjected to domestic family violence

**When:** Thursday's 16, 23, 30 August 6, 13, 20 September 2018

**Where:** Wyong Schools as Community Centres,  
Cutler Drive, Wyong (in the grounds of Wyong Public school)

**Time:** 9:30am - 11:30am

**Limited Free childcare available; Bookings essential**

**Participants will need to complete a pre-group interview**

To register, please contact  
Central Coast Family Support  
Services on 4340 1585 or  
[ccfss@ccfss.com.au](mailto:ccfss@ccfss.com.au)

CENTRAL COAST



**FAMILY SUPPORT SERVICES**



# Stand Together

This 6 week program is for women who have left a domestic violence relationship to provide them with the skills to help their parenting and repair relationships with their children post-DV.

*Week 1: Introductions and key concepts*

*Week 2: Effects of DFV on parenting*

*Week 3: Repairing relationships with your children*

*Week 4: Managing behavioural reactions and contact*

*Week 5: Healthy relationships for you and your children*

*Week 6: Self-care and parenting: your support networks*