



Connections

A relationship building group for mothers and young children (0-4 years) who have experienced family violence

Have you had an experience of unhealthy relationships?

Do you find your experience affects you as a parent?

Would you like to learn about repairing relationships with your children?

Connections is a therapeutic group program that provides education, play and support for you and your children.

Key topics include:

- Learning about healthy relationships
- Growing up: how family violence affected us
- Recovering from the past
- Child development and behaviour
- Building self-esteem
- Positive Parenting

13 July - 14 September 2026 (not 20 July)

Mondays 10am - 12 noon

FamilyCare, 19 Welsford St, Shepparton



Please call FamilyCare's
Central Intake for more
information
1800 161 306