



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

9 Weeks
2 Feb – 30 March 2026

Mondays
10am – 12 noon
@
FamilyCare, 19
Welsford st,
Shepparton

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

