



THERAPEUTIC RECOVERY FOR ADULTS & KIDS

TRAK Forward is a FREE family violence counselling service for victim-survivors including; adults, young people, children and infants aged 0-18 to heal from the impact of family violence

TRAK Forward services are :

- Trauma and family violence informed
- Person centered
- Strengths based
- Solutions focused
- Recovery orientated

Offering:

- Recovery focused counselling for individuals & families
- Recovery groups for women, young adults, children and families

TRAK Forward will support you:

- For up to 12 months (maximum)
- To personalise a solution focused recovery plan.
- To feel safe and strong
- To increase confidence, self-worth and a sense of empowerment
- To understand and heal from family violence relational trauma





How to access TRAK Forward:

For more information or to discuss a referral, please contact the TRAK Forward team on

Phone 03 9896 6395

Email trakeast@anglicarevic.org.au

Office located in Box Hill VIC 3128

We provide support to people living and working in Inner East Metropolitan regions of Melbourne including Monash, Manningham, Boroondara and Whitehorse

TRAK Forward services are provided by Anglicare Victoria, Relationship Matters & Drummond Street Services in a collaborative partnership.

TRAK Forward is funded by:



He said he didn't like himself. He has been feeling depressed and down about himself....He hasn't said I hate myself since he started the program. The program has given him a sense of belonging. He felt accepted
- Kids Support Group

I will continue to speak positive self talk when I notice myself judging myself too harshly or setting expectations too high. I have more confidence in myself and my parenting now and can continue to make choices that feel right for my daughter and I to thrive.
- Individual therapeutic support