



CAREing Connections

Women supporting women to recover from family violence

CAREing Connections is a weekly peer support group providing women with a safe, relaxed space to connect, check in and support each other's wellbeing and resilience.

Topics may include:

- self-care
- healing
- family relationships
- healthy relationships
- boundaries
- strong emotions

This group is guided by the participants with plenty of room for flexibility.

DATES: Wednesdays during school terms (commencing the second week of each term)

TIME: 12.00pm - 2.00pm

WHERE: Doncaster - location to be provided upon registration

CONTACT: TRAK Forward on 03 9896 6395 or trakeast@anglicarevic.org.au
Andrea de Rauch: 03 9856 1500
andrea.derauch@doncare.org.au to find out more

CAREing Connections is a partnership between

doncare

