

## Bringing Up Great Kids

This 6-week For women and non-binary people who are parents or carers, Bringing Up Great Kids assists participants to:

- Learn more about the origins of their own parenting style and how it can be more effective.
- Understand brain development in children and its influence on their thoughts, feelings, and behaviours.
- Identify how to overcome obstacles preventing them from becoming the kind of parents they want to be.



## Bringing Up Great Kids After Domestic Violence

Bringing Up Great Kids After Domestic Violence is designed for women and nonbinary people who are parents or carers, and have been impacted by or are recovering from domestic and family violence, the group assists to:

- Rebuild trust with their children and others that may have been jeopardised by the violence.
- Respond to secrecy which may have accompanied the violence.
- Resource playfulness and fun back in relationships.

## Wellbeing Sistas

Wellbeing Sistas is a 10 week program for Aboriginal and Torres Strait Islander women to assist them to:

- Engage with other women within their local community in a safe and positive way.
- Empower participants to access health and community services that meet their culture safety needs.
- Reconnect with their cultural and identity through visits to significant local land marks and participation in relevant events.
- Understand domestic violence and impacts on themselves, their families and the wider community.

## Rent It | Keep It

A 4 hour program for people struggling to secure tenancy, or whose tenancy is at risk, to assist:

- Increase their chances of successfully securing a rental tenancy and maintaining it.
- Understand their rights and responsibilities as a tenant.
- Gain a recognised Certificate of Completion to add to your private rental applications.
- Connect with other services including a financial counsellor, the Hunter Tenants
- Advice and Advocacy Service and a local Real Estate.

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*A safe place for all.*

## Group Programs & Training



education, empowerment  
community, change

Supporting client recovery and building capacity through connection and learning.



## Circle of Security

This is a 6 week program for women and non-binary people who are parents/carers for children aged 0-6. This group program assists participants to:

- Understand their child's emotional world by learning to read their emotional needs.
- Support their child's ability to successfully manage emotions.
- Enhance the development of their child's self-esteem.
- Honour their innate wisdom and desire for your child to be secure.

## Reclaiming My Place

A 6 week arts-based program designed for women and non-binary people who have experienced gender-based violence, Reclaiming My Place allows participants to engage with the creative process in a way that best suits them and their needs.

Under the guidance of a professional artist, try out different artistic activities including acrylic painting, mandalas, mixed media collages and watercolours.

Assisting participants to:

- Explore their creativity.
- Identify other opportunities for lifelong learning, including the possibility of study.



## Shark Cage

Created by Ursula Benstead, Shark Cage is an 8 week program for women and nonbinary people who have experienced domestic and family violence that utilises the feminist trauma model and the Shark Cage metaphor. Shark Cage aims to:

- Reduce the likelihood of re-victimisation in a non-victim blaming and empowering way.
- Decrease the feelings of self-blame that a participant may have due to their experiences of abuse.
- Increase the participants' capacity to set appropriate boundaries.
- Increase participants' assertive communication skills.
- Improve a participant's connection to their body and their feelings.

## Black Box

Black Box is a 5-week program for women and non-binary people who are parents or carers and have experienced abuse, neglect, or violence, and who have their children in their care or have regular visitation.

This group assists participant to:

- Identify the importance of predictability in Reparative Parenting.
- Learn about a child's brain development and the evolution of the flight, fright, freeze response.
- Engage in Special Play with their children to repair the attachment bond and be supported by a facilitator to do so.
- Discuss remorse, guilt, and shame and what makes a good apology.
- Analyse the arousal graph and identify how to tailor behaviour management strategies to this graph.

## Indigenous Triple P

A 3-day program designed for indigenous women and non-binary people who are parents/carers for children up to 12-years, assisting participants to:

- Learn about positive parenting and the strategies behind it.
- Identify the influences on a child's behaviour.
- Understand how to encourage good behaviour and develop strategies to manage difficult behaviour.



## Inner Strength

Developed by Carrie's Place and incorporating elements of the Shark Cage metaphor, Inner Strengths is a 6 week program for women and non-binary people who have experienced domestic and family violence.

Inner Strengths helps participants to understand:

- Healthy and unhealthy relationships.
- The different types of domestic and family violence.
- Gender stereotypes, myths and beliefs.
- The effects of domestic and family violence on children.
- The importance of mental well-being and self-care.