

HER Shield: Knowledge is Power

*A Family & Domestic Violence Group
With Practical Support*



Thursday mornings from 10am - 12pm

Starting 2 May, 2024 - 27 June 2024

A 9-week Support Group discussing practical supports around Family & Domestic Violence.

- What is abuse, the forms of abuse.
- Safety planning
- Information around applying for housing and tenancy tips, advice around gaining control of your finances, information around tech safety
- Build confidence and self-esteem to foster recovery
- Education and information = knowledge is power

To enquire about joining this group or for more information call us on 9328 1200

Or email us at: FDV@luma.org.au

www.luma.org.au

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