

# FUTURES FREE FROM VIOLENCE

A NO-COST PROGRAM FOR TRANS AND GENDER DIVERSE PEOPLE WHO HAVE USED VIOLENCE IN THEIR RELATIONSHIPS



This program offers Trans and Gender Diverse people who have used violence in a relationship therapeutic and case management support. We work with the person who has used violence and can also provide support to those that have been harmed (where appropriate and with consent). This could include partners, past partners, family and children. For those that have used violence, we will work to support transformative change away from violent, abusive and controlling behaviours and toward respectful relationships. We aim to facilitate dialogue through an open, supportive learning environment that understands participants, their experiences, and their thinking.

The program will cover the following topics:

## OUR SELF:

- » Develop ways of understanding our use of violence
- » Exploring the beliefs, we each carry about ourselves, our partners, and our world
- » Exploring our thoughts and feelings and how these are shaped by the effects of trauma in our lives
- » Build an understanding of who we are and how that fits with who we want to be

## OUR RELATIONSHIPS:

- » Explore how violence gets played out in families
- » Explore and practice noncontrolling and nonviolent alternatives

## POWER AND CONTROL:

- » Understand more about power and control in relationships and the way violence is used
- » Explore equality and non-violence

## OUR COMMUNITIES:

- » The importance of safety
- » Creating change
- » Transforming our lives

This program is delivered in the northern and western metropolitan region of Melbourne.

If you are unable to access the program in person we are also offering a telephone counselling program, via **On The Line**, to support both the person who has used interpersonal violence and those who have been harmed.

**We also have a program for lesbian, bisexual and queer women, as well as a program for heterosexual women.**

**All Futures Free from Violence programs are trans inclusive.**

If this program interests you, either phone **drummond street services** on **9663 6733**, or email **annelise.ahfat@ds.org.au** or **jill.faulkner@ds.org.au**

This group is supported by the Victorian Government.



We acknowledge the traditional owners of the land where we work and pay respects to elders past, present and future.