



Do you...

- worry about hurting your partner or family?
- find it hard to express your feelings?
- control your partner's decisions?
- sometimes blame your partner or someone else for your anger?
- get told that you need to be accountable for hurting someone?

And want to make changes in your relationship, but don't know where to start?

The Futures Free From Violence program can support you to take accountability by:

- helping you understand your experiences, actions and thinking
- exploring how power presents in your relationships
- provide space to work towards change and healing
- help foster supportive and positive relationships
- learn alternatives to violence and harm

Who: Women, Trans, and Gender Diverse people in Victoria

What: Small group - online or in person

When: Tuesday evenings, starting August

If you are interested, enter you details here and we will contact you:

[FFFV Expression of Interest](#)

