


Feedback from women about the WEND groups

"I appreciated being with other women who are taking positive steps to learn about themselves and improve their situation & relationships"

"I really valued the opportunity to express, share and receive feedback on all issues ~ Understanding my place in my world, understanding where I stop and another begins"



"I am back in the community, I feel accepted again and my nerves are settling"

"The most important experiences for me were self-growth & self-awareness. Support & the non-judgmental attitude of both facilitators and others in group. Feeling of trust and safety when disclosing about myself"

Other programs and groups offered

MEND & WEND program

Men's Mobile Shed

Fathering groups

Self esteem for men

Loss & grief for men

Dad's & Kids playgroup

Skilled Mates & Volunteer Training

Individual counselling

Useful Contacts

Lismore Police	(02) 6626 0599
Lismore Women's Refuge	(02) 6621 2685
Lismore Family Support Service	(02) 6621 2489
Lismore Women's Health Centre	(02) 6621 9800
Lismore Family Relationship Centre	(02) 6622 7003
Rekindling The Spirit	(02) 6622 5534
Women Up North Housing Inc	(02) 6621 7730
Legal Aid	(02) 6621 2082
N.R. Women's Court Assistance	(02) 6621 1044
Domestic Violence National Helpline	1800 656 463
24hr Rape Crisis Centre	1800 424 017
Lifeline	131114
N.R. Community Legal Service	(02) 6621 1000
Mullum Women's Resource & DV service	(02) 6684 4299

men
& family
centre

17e Keen St, Lismore NSW 2480
PO Box 1220 Lismore NSW 2480
(02) 6622 6116 Fax: (02) 6622 1441
womens@nor.com.au www.menandfamily.org.au

Support for women who have experienced abuse or violence.



Women
Exploring
New
Directions

men
& family
centre

(02) 6622 6116
Supporting Healthy Relationships

What is WEND?

WEND facilitates support groups for women to establish personal safety, develop self-empowerment and build self-esteem. The groups offer women an opportunity to share their experiences, overcome isolation in their lives, and learn valuable skills. WEND also offers individual phone support to the partners of men attending the MEND program.



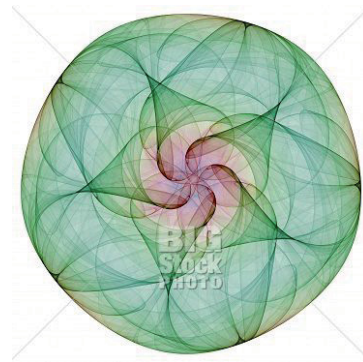
“The group has given me the safety to really express my emotions, to really let go”

WEND

Who is WEND for?

WEND is for women who have experienced any form of abuse or violence in a current or previous relationship, or from childhood.

Abuse can be verbal, emotional, physical, psychological, social, sexual.



WEND is for women who want to create safe, respectful relationships for themselves and their children.

WEND is for women who want to empower themselves, make healthy choices and improve their self esteem.

WEND programs

Boundaries Program - 9 wks.
Breaking Free Program - 9 wks
Moving On - 8 wks
Women Exploring Anger - 9 wks
P5 - Parenting Program
1-2-3 Magic: Parenting Program

The Men & Family Centre also offers the MEND program

MEND is for men who are concerned about their abusive behavior. MEND groups are for men who want to increase intimacy with their partners and closeness with their children.

“ I listen more and communicate better and I’m a lot calmer. I’m a lot happier. Things are better at home and at work”.

Please call (02) 6622 6116 for information about our programs and groups.