

Contact us
for
workshop
dates

REBECCA

REBECCA encourages young women to **REGAIN CONTROL** of their lives by **EMPOWERING** them to have the **COURAGE** to make smart **CHOICES** in relationships.

REBECCA provides the tools for **ALL WOMEN** to find a **BALANCE** in their lives that will allow them to **EMBRACE** challenges to achieve life goals and positive futures.

ELIGIBILITY

- Young person identifies as female and,
- Aged up to 25 years and,
- Has experienced or is at high risk of experiencing Domestic and Family Violence, either in an intimate partner or familial relationship



WHO CAN REFER

- DFV Service Providers
- Community Service Providers
- Self-Referral

REFERRAL FORMS

Referral forms are located in the members area of the Sunshine Coast DFVSSCS website, available to local service providers. Alternatively, service providers or persons self referring can contact dfveifys.com.au and a referral form will be sent. Completed forms to be returned to dfveifys.com.au



3 X 4 HOUR WORKSHOPS

Sessions will provide an understanding of domestic violence, respectful relationships and maintaining safety. It will help participants to build resilience and self esteem and allow them to connect with peers.

Participants will also be provided with:

- Workbook containing all workshop materials
- Journal for personal use
- Information brochures explaining Queensland legislation, safety planning, Sunshine Coast support services
- Thank-you gift with DFV support contact
- Refreshments

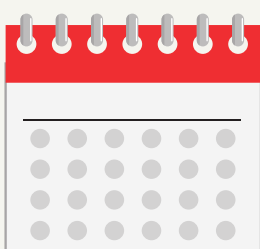


SUPPORT

Day 3 of the workshop provides participants with an opportunity to meet representatives from local support services that are appropriate to their needs. Service engagement is encouraged and supported.

CHECK-IN'S

- Two week individual and group check-in to ensure appropriate supports in place
- Six week individual check in to ensure appropriate supports in place



WORKSHOP DATES

Workshops are run every 4-6 weeks. Contact us for available dates at dfveifys.com.au