



KIDS
FIRST

Momentum

About

Momentum is a FREE 6-week Group for teenagers who have experienced family violence.

Family violence can have a major impact on a young person's self-esteem, confidence, relationships, and capacity to participate in activities and school.

The Momentum group provides a safe place to explore themes of connection, safety, shared stories and healing.

During each session we will spend time exploring different themes, using art and other activities.

Participation is free and all materials and snacks are included.

Enquiries & Referrals

Kids First NHARP Groups
nharp@kidsfirstaustralia.org.au

Date & Time

Commences on Tuesday 20th February til Tuesday 26th March

4:00pm - 6:00pm

Location

Headspace
78 Main Street
Greensborough

Eligibility

Young people aged 12 to 17 years who live, work or study in Banyule, Darebin, Nillumbik, Whittlesea, Yarra, Hume and Merri-bek

