

KEW

WHAT IS KEW?

KEW stands for KARRALIKA EMPOWERING WOMEN

KEW is a **free and confidential**, 6-week program for people who are, or have been in, an abusive relationship. KEW offers participants the opportunity to meet and work with others who have had, or are having, similar experiences, talk through issues, develop personal insight, practice skills, explore positive choices, and set goals for the future.

The KEW program has been developed by Karralika Programs in response to the need for comprehensive, meaningful, community support for victim-survivors of domestic family and sexual violence. KEW endeavours to provide support for vulnerable people within an Alcohol and Other Drug context.

KEW is offered with assistance from the ACT Government under the Commonwealth National Partnership Agreement on Family, Domestic and Sexual Violence Responses 2021-27 Program



KEW PROGRAM AIMS

KEW aims to support people who:

- Are, or have been, in an abusive relationship
- Continue to feel impacted by their experience of abuse

KEW aims to support participants to:

- Experience connection and identification through the group experience
- Develop improved personal insight and self-awareness
- Experience improved self-esteem and self-confidence
- Develop skills around communication
- Develop improved relationship skills
- Explore future choices for personal wellbeing and relationships

The KEW program is an in-person, closed group, run weekly for 6 weeks, on a Tuesday evening.

STEPS TO ENROL

- 1 Make an enquiry via phone or email (details on the back of this brochure)
- 2 Participate in a confidential conversation with one of our caring and skilled KEW facilitators to discuss your current safety needs. This provides you with the opportunity to find out more about the program and helps us get to know a little about you and your situation. The interview should take between 30 and 60 minutes and can take place in-person or via Microsoft Teams or Zoom
- 3 Our KEW facilitator will work with you to help you determine whether the program is a good fit for your needs
- 4 If you decide that the program will be beneficial for you, **COMMENCE PROGRAM**

The KEW program is free and confidential

DOMESTIC FAMILY & SEXUAL VIOLENCE & SUBSTANCE USE

At Karralika Programs, we recognise the complex and intertwined relationship between domestic family and sexual violence [DFSV] and substance use.

The KEW program is offered within the framework of Karralika Programs, a specialist alcohol & other drug [AOD] service. The KEW program is grounded in a trauma-informed, person-centered approach that acknowledges the impacts of violence on victim-survivor wellbeing, safety & choices.

KEW groups and content regularly touch on the topic of substance use and DFSV. This lens reflects our specialist expertise, however substance use/DFSV content is included primarily because research shows a significant correlation between the two - whether substance use relates to the perpetrator or primary aggressor and/or the victim-survivor.

KEW facilitators hold space with compassion & cultural sensitivity; the KEW program does not seek to diagnose or treat individual substance use issues within the context of the program. Facilitators are also non-judgemental, understanding that substance use may have evolved as a coping response to trauma.

The KEW program aims to support individuals to gain insight into patterns and behaviour and develop agency around future choices; information, activities and discussion around substance use and DFSV occurs within this context. Integration of AOD expertise ensures that participants receive holistic support that considers both personal recovery needs and individual experiences of DFSV.

If you would like to learn more or require additional support around your substance use, please contact Karralika Programs on 6185 1300

*If you are interested in participating
or would like more information:*

Please call our office on:

02 6185 1300

free call:

1800 152 772

email us at:

info@karralika.org.au

visit our website at:

www.karralika.org.au

**KARRALIKA PROGRAMS
SITES ARE TOTALLY
SMOKE AND VAPE FREE**



Karralika Programs is committed to reconciliation and inclusion and acknowledges the traditional custodians of the land on which we live and work. We pay respect to Elders past, present and emerging, and acknowledge and respect their continuing culture and contribution.



KARRALIKA EMPOWERING WOMEN

KEW

Have you experienced or are you experiencing domestic family violence?

The Karralika Empowering Women Program offers women and gender diverse people a safe, respectful group experience to support hope and healing from domestic family violence.



KARRALIKA

programs to help you choose a better life

