

Group Support for Victims of Crime

Information about groups run by Victim Support Service.

Victims of crime often feel powerless, fearful and isolated for a long time after the event. These feelings can be intensified when there is a lack of support from family and friends. Often support can be provided by other people who have been victims of crime.

Victim Support Service (VSS) offers a range of group programs to provide an opportunity for sharing experiences about coping after the crime and exchanging ideas about ways of dealing with the many effects of crime.

If you are interested in any of the following groups, please telephone 8231 5626 and ask to speak to a facilitator for information about the next available group.

LATTE (Life After Threat Terror & Endangerment) Group

Victims of violent crime such as home invasion or armed hold-up can often experience a range of trauma reactions. Some reactions are:

- sleep disturbance
- heightened sensitivity to normal events such as sounds
- numbness
- anger
- an intense need for feeling safe and in control
- physical ailments
- loss of interest in aspects of life such as social gatherings, leisure time activities, work

This ongoing support group is for men and women who experienced violent crime.

The LATTE Group is conducted once a month in the evening and is facilitated by counsellors from VSS.

Moving Forward Group

The Moving Forward Group is a structured program for women who have been a victim of ANY criminal offence.

This group provides a safe opportunity to share experiences with other women about the many effects caused by the crime and to develop ways to cope.

Some of the discussion topics include:

- personal impact of crime and trauma
- feelings and emotions
- stress and relation
- grief and loss
- anger

Through exploring these ideas the group aims to help women to make the transition from victim to survivor.

Individual needs and childcare are negotiable.

ACT (After Child Trauma) Group

The ACT Group is a structured program for women whose children have been sexually abused. This group is designed to support and assist women to feel less isolated as they attempt to cope with the feelings and challenges associated with being the parent/care giver.

The group will explore a range of topics including:

- dynamics of child abuse
- effects of child sexual abuse on children and ideas for parents to support children
- challenging notions of “mother blame”
- the legal system
- exploring emotions such as anger, guilt and grief & loss

Women have the opportunity to share ways to support their children and develop coping strategies for themselves.

Individual needs and childcare are negotiable.