

## ELIGIBILITY

- Experienced family violence
- Aged 0-18 years
- Living in Ballarat, Hepburn, Golden Plains or Moorabool Shire
- Not currently living with the perpetrator

## CONTACT INFORMATION

For information on how to refer please contact us

WRISC Phone: (03) 5333 3666

Van Go Email: [vango@wrisc.org.au](mailto:vango@wrisc.org.au)



## IMPORTANT 24 HOUR CONTACTS

### Police 000

### Safe Steps Family Violence Response Centre

State wide 24 hour crisis support and safe accommodation for women and children.  
Toll free: 1800 015 188

### 1800 RESPECT

National Sexual Assault, Domestic Family Violence Counselling Service.  
Toll free: 1800 737 732

### Kids Help Line

Counselling for children and young people under 18 years via telephone, email or online.  
Toll free: 1800 551 800



**VAN GO**  
**Children's Creative Therapy**



### Who are we?

Van Go Children's Creative Therapy Program is a mobile therapeutic service for infants, children and youth living within the Central Highlands region who have experienced family violence. Our program offers a range of creative therapy services for children as well as providing support for their parents and carers. Our aim is to support our families by offering outreach services within their local communities. We partner with local government, schools and other support services to provide a wraparound service for families.

### What do we do?

We aim to provide children and families with the opportunity to heal from the impacts of trauma as a result of family violence. Using a child led approach we offer creative therapy services for children. We want to make sure our families are supported as they work towards a safer future.

### Individual Creative Therapy For Children:

Creative therapies are forms of therapy that children enjoy as it uses a range of techniques that are expressive and creative in nature. The aim of creative therapies is to help clients find a form of expression beyond words or traditional therapy. Van Go offers short, medium or long term individual creative therapy for children.

### Single Session Therapy:

Single Session Therapy is a short term therapeutic family intervention where we help facilitate communication between children and their parent/caregiver. We also offer information about the impacts of family violence and assist with referrals to other services. The session is based on the families identified challenge(s) with an aim to enhance the lives of our clients. Single Session therapy is conducted in our therapy space at our office in Moorabool and Ballarat or a safe space within your local community. It is brief therapy and does not over burden busy families.

### Group Therapy:

Creative group therapy for children involves regularly attending a small group who meet with a therapist and participate in engaging therapeutic creative processes such as art, music and play. Groups enable children to interact with peers who have had similar experiences in a safe environment that supports emotional and social development. Groups for children's caregivers can be psychoeducational or therapeutic in nature or a combination of both. Van Go also has the capacity to run groups for caregivers and very young children which are supportive of relationship development and individual growth while recovering from violence.

Groups are run in response to community needs.

