

Support Groups

Empowering Recovery Through Connection and Care

Lifeline Northern Beaches, Mosman to Kirribilli counselling team has delivered the Adult Survivors of Childhood Abuse and Trauma (ASCA) and Seasons for Growth groups in response to a demonstrated and ongoing need for safe, structured support programs that address trauma, grief, and emotional wellbeing, while helping to reduce key drivers of distress within the community.

The **Adult Survivors of Childhood Abuse and Trauma (ASCA)** group is an eight-week program for women to safely explore the impacts of childhood abuse and develop practical strategies for healing and resilience.

Seasons for Growth is a four-week program that supports individuals in understanding and adapting to change, loss, and grief, while building emotional resilience in a supportive group setting.

The Seasons for Growth and Adult Survivors of Childhood Abuse support groups have delivered outstanding outcomes over the past year, offering participants vital tools for healing, self-awareness, and emotional resilience. Feedback from Seasons for Growth highlights the deep personal impact of the program, with participants expressing how sharing with others has been “a great therapy” and how the group enabled them to reflect, learn, and grow in a supportive environment. The program was described as “life changing,” equipping individuals with life skills that will support them well into the future.

The **ASCA** group has also had a transformative effect, particularly for those living with the long-term effects of trauma. One participant shared, “This course has changed my life,” emphasising new abilities to recognise and regulate emotional triggers. Others praised the safe and supportive space it provided, along with practical tools for understanding trauma and building emotional resilience. Participants reported gaining insight into brain-body responses and developing a stronger connection to their core values.

Together, these programs demonstrate the powerful impact of peer support and skilled facilitation. They continue to offer safe, empowering spaces where individuals can heal, grow, and develop practical strategies for navigating life’s challenges.

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