

# DV-Alert

# DV-Aware Course

**A healthier headspace equals a healthier workplace.**

The Lifeline Corporate Training program offers a range of courses to improve the mental health and wellbeing of your people, which in turn can help create a more productive, cost-effective and responsible workplace.

## DV-Alert, DV-Aware Course

Lifeline is committed to raising the awareness of domestic and family violence. The DV-Alert One Day DV-Aware course is an interactive session where individuals and groups can talk about the issue of domestic violence and what they can do to help make a difference.

### Workshop overview

**At the end of the One Day DV-Aware session, participants will:**

- Identify the different signs and forms of abuse that constitute domestic and family violence
- Familiarise themselves with the cycle of violence and Duluth wheels – power and control, equality and empowerment
- Reflect on and share what they can do if they know someone who is experiencing domestic and family violence
- Have an opportunity to network with other individuals
- Receive tools and references for domestic and family violence support and referral



Lifeline is a not-for-profit organisation that promotes, preserves and protects life. The mission of our training division is to build community capacity and skills for life through a range of specialised training programs to meet the needs of individuals and groups.

**For further information please contact:**

**E:** [lifeline.training@uccommunity.org.au](mailto:lifeline.training@uccommunity.org.au)

**P:** 0429 044 546

[unitingcareqld.com.au/lifeline-training](http://unitingcareqld.com.au/lifeline-training)