

**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.

## Duration: 3 hrs face to face

DV-Aware is a domestic and family violence awareness training program designed to:

- Raise awareness on the issue of domestic and family violence among various groups and communities
- Provide a space where people can talk openly about their concerns and questions about domestic and family violence
- Provide basic information on how to engage with someone who may be experiencing domestic and family violence

Qualified, experienced Lifeline trainers deliver the training, and participants will receive a Statement of Attendance upon completion of this course.

**Please note:** DV-Aware offers basic information on domestic and family violence. For a more in-depth discussion on how to recognise, respond and refer cases of domestic and family violence, participants who are frontline workers are encouraged to enrol in the DV-Alert two-day face-to-face workshop or e-learning course at [dvalert.org.au](http://dvalert.org.au).



## Topics covered

### Recognise

- What is domestic and family violence
- The cycle of violence
- Duluth wheels

### Respond

If I know someone who is experiencing domestic and family violence. What can I do?

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:**

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