



**HUB**  
Community  
Projects

**Do you enjoy mindful arts and crafts?**

**Are you passionate about supporting your community?**

**Do you want to learn more about domestic and family violence?**

**JOIN THE COMMUNITY  
HEALING GROUP!**



**Meet every  
Tuesday  
9.30-11AM**

**HUB Neighbourhood Centre  
79 Poinsettia St  
Inala 4077**



## **What is the Community Healing Group?**

The Community Healing Group is a new social group hosted at HUB Neighbourhood Centre Inala. The group will focus on empowering natural helpers and community allies to gain new knowledge, skills, and confidence in supporting everyday people who may be experiencing domestic and family violence, as well as changing community attitudes towards violence, making new connections, and participating in mindful arts and crafts.

## **What will the group involve?**

This group will bring together participants weekly. The group will mainly involve a facilitated mindful craft activity (which may include collage, painting, jewellery making, weaving etc.) During this activity, participants will get to know each other, answer questions, share concerns, and reflect together. The group will introduce educational modules around domestic and family violence, which may include topics such as responding to disclosures, bystander interventions, healing and self-care, and changing community attitudes. The group does not provide professional counselling, mediation, legal or other professional advice. Our scope is to provide support, education and promote creative thinking about support options and solutions.

## **Who can join the Community Healing Group?**

This group is open to all women and gender-diverse people aged 18+ who want to learn more about how to better support their communities.

## **How did this group start?**

This group is a part of a wider initiative called "Community Healing and Accountability" or "CHAA". CHAA is a proud initiative of Inala Community House in partnership with the Family Peace Building initiative (a collaboration between Refugee and Immigration Legal Service, Multicultural Australia and Souths Community Hub). This initiative involves the creation of multiple groups or "pods" across different areas in Brisbane, all working together towards a similar goal of community healing and peace.