

**Media Release  
5 September 2017**

**\*\*\*New program for Goulburn Valley's mums and young children  
recovering from family violence\*\*\***

Caroline Chisholm Society is pleased to announce that one of 26 family violence early intervention pilots across the state funded by the Victorian Government is now starting in Goulburn Valley.

Led by Liz Meloury and Jeanette Monteith, the program Children and Mother's in Mind is an Australian first for mothers and children (four years and under) who have experienced difficult family relationships which may include family violence.

A three-part 20-week program, participants work with trained professionals to respond to their trauma, then work to rebuild attachment through the program "Mother's in Mind", and then work to keep up their new way of relating as a family. The program is underpinned by case management.

CMiM recognises that women who have experienced hurtful experiences often lose confidence in their ability to parent effectively, this often leads to isolation and difficulty coping with parenthood. Incorporating practice elements originating from Canada, this 16-week evidence informed program will be available at Caroline Chisholm Society in partnership with VincentCare's Marian Community Family Violence Program.

CMiM takes a "two generations" approach and focuses on both the mother and child(ren). Clinicians will work with clients fostering mother/infant connection and also has a case work component throughout the program as additional therapeutic work, this combination distinguishes CMiM from a normal counselling or case work model of intervention.

The CMiM program aims to provide early intervention support to mothers and young children; improve developmental outcomes for children; provide strategies to support the mother with the parenting of her very young child, and ultimately ensure the health, safety and wellbeing of the child; create an opportunity to decrease mother and child isolation for those families who feel out of place in other parenting support programs; increase parenting competency; support improvement of the mother-child bond in order to focus on the mother-child relationship.

The first session is due to commence on 20 September 2017, self-referrals are welcome please call the number below.

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Referrals:

- Caroline Chisholm Society, Goulburn Valley Pregnancy & Family Support Service
- Ask for Liz Meloury or Jeanette Monteith
- T: 03 5821 0826
- E: [CMiMgv@caroline.org.au](mailto:CMiMgv@caroline.org.au)
- W: [www.caroline.org.au/cmim](http://www.caroline.org.au/cmim)

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*Photo opportunity available at 15A St Andrews Road, Shepparton by appointment.*

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