



GROWING MY SPIRIT

HEALING STARTS HERE

Contact us on:
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My Spirit is a culturally grounded group program that uses a narrative approach with the aim of supporting men who have used violence in the past, to begin and continue their healing journey in all areas of their life.

The program provides men with a culturally safe space to yarn openly about how past experiences have affected them, their partners or ex-partners, children, and their wider kinship circles to grow healthy relationships.

Through cultural healing the program aims to provide men with the necessary skills to become empowered to create meaningful change.

Funded by the Government of South Australia,
Office for Women.

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