

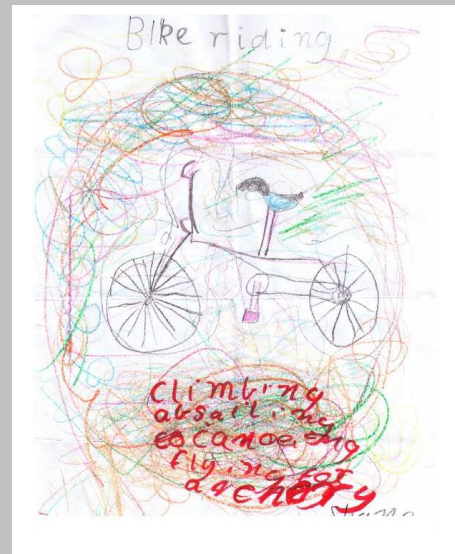
## Domestic Violence Camp 2005

In February 2005, domestic violence outreach workers from across the Hume region hosted a 3 day camp for their clients and children who had been affected by domestic violence. Most of the women who attended the camp had recently left an abusive relationship and the camp provided the opportunity to have fun with their children and meet other families who have had similar experiences. The camp affirmed the courage and determination required for families to rebuild their lives. During the 3 days there were a number of outdoor activities (e.g. flying fox, rock climbing and archery), art activities, yoga and time for reflection and discussion. This is the 2<sup>nd</sup> consecutive year that the camp has been hosted and it is hoped it will become an annual event.

*"I found the camp very helpful. Just to know that you're not alone and with talking to other women you find out how they have coped with what has happened to them and learn new strategies with dealing with your own issues".*

*"They learnt that there are other children that have been through something similar to them and that they aren't the only ones that it has happened to, which I believed was reassuring to them that it (domestic violence) wasn't anything they did"*

The Mitchell CHS Domestic Violence Outreach service provides a response to women and children who live in the Shires of Mitchell, Murrindindi and Southern Strathbogie who are experiencing domestic violence.



*The artwork pictured on this page is courtesy of children who participated in the Domestic Violence camp*