



NSW

Domestic, Family and Sexual Violence Support

Resilience in Safety and Empowerment (RISE) is a trauma-informed support program for women experiencing domestic, family and sexual violence (DFSV) alongside substance use or other complex challenges. Using a holistic, stepped-care approach, RISE supports safety, wellbeing and recovery while addressing substance use within the wider context of health, relationships and life experiences, while supporting you to:

- Increase safety, wellbeing and self-confidence
- Understand the impacts of DFSV on yourself and your children
- Build emotional regulation, boundaries and positive coping strategies
- Reduce harms related to substance use
- Strengthen support networks and resilience
- Access inclusive, culturally safe support for First Nations women

Wise Women Group

Wise Women is a small, supportive group where women can build skills and confidence in a safe, respectful environment.

There is no expectation to share personal experiences.

Group sessions include DFSV education, harm reduction and relationship safety, DBT-based skills, expert-led education and wellbeing activities.

The focus is on safety, self-understanding and practical tools for everyday life.



Call us
02 4474 2594



Email us
pathways.eurobodalla@directionshealth.com



Directions
Health Services