

ABOUT US

Toora is a not-for-profit organisation that has supported over 22,000 women, non-binary and other feminine-identifying people and over 800 children since we began in 1982.

We are united in our purpose to help women live with equity, dignity, respect and agency.

Our services are inclusive, evidence-based and led by women—for women. We operate within a culture of empowerment and equality and provide practical support and individually tailored services within a safe, friendly and welcoming environment, so women can build the life they want to live.

Through both support and advocacy, Toora's many services listen together and work as one. This is our power and it is how we are able to change lives today, and society tomorrow.

CONTACT US

You can self-refer to our services by contacting us:

02 6122 7000
www.toora.org.au



Find out more at
www.toora.org.au



Toora Women Inc. acknowledges the Ngunnawal people as the Traditional Custodians of the Country on which we live and work, and recognise any other people or families with connection to the lands of the ACT and region. We recognise this land was never ceded and the experience of colonisation and loss continues to affect the lives of Aboriginal and Torres Strait Islander women and communities today.

Despite this, Aboriginal and Torres Strait Islander people's connection to land, sea and community is strong and continuing. We pay our respects to Elders past and present, and to Aboriginal and Torres Strait Islander children and future leaders, for they hold the memories, the traditions, the culture and the hopes of First Peoples. We express our gratitude for the privilege of being able to live and work on their land.



A force for all women

At Toora, we don't just care about women's lives. We defend, rebuild, save and strengthen women's lives.



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DOMESTIC VIOLENCE AND HOMELESSNESS SERVICES

We are a gender-specialist domestic violence and homelessness service for women, non-binary and other feminine-identifying people in the ACT.

We provide residential and outreach programs, with individual case management and a range of emotional and practical supports for women with or without children.

Our services include:

- crisis and transitional accommodation
- finding safe and stable accommodation
- help with budgeting and discussing access to welfare benefits.
- referrals to health services and other local community services
- support with building independent living skills and a community support network
- assistance to pursue training, education or employment
- drug and alcohol support and trauma counselling
- safety planning and legal advice
- advocacy in any other area of identified need.

COUNSELLING SERVICES

Our counselling service can help women, non-binary and other feminine-identifying people address trauma and issues relating to:

- domestic, family and sexual violence
- alcohol and other drug dependencies
- homelessness or risks associated with homelessness
- mental health issues
- time spent in the ACT corrections system and other institutions.

Our qualified counsellors leverage our clients' strengths and understand that a history of trauma can impact their lives today.

Through both individual sessions and group programs, we work alongside our clients to explore goals and strategies to work through issues associated with past and present trauma, find ways of coping and improve their life outcomes.

ALCOHOL AND OTHER DRUGS (AOD) SERVICES

We offer a broad range of tailored, comprehensive and trauma-informed health treatment and support services specifically for women, non-binary and other feminine-identifying people with alcohol and other drug dependencies.

Our holistic approach focuses on minimising substance related harm and maximising health and wellbeing. This includes exploring the underlying factors and origins of substance dependencies.

We understand that our clients are all unique and require an individual program that fits their personal circumstances.

Our fully trained team uses tailored, evidence-based methodologies to support women to reach ongoing sobriety and achieve their goals.

Our programs provide counselling, outreach support, psycho-educational groups, SMART Recovery and more intensive programs, such as live-in residential treatment and a day program.

