



STRENGTHENING FAMILIES STRENGTHENS COMMUNITIES

**Toora stands up
for women and
children in crisis.**

We don't just provide a roof, we offer safety, stability, and a pathway to recover. We are a lifeline for women and their families navigating some of the most difficult transitions in life, leaving the justice system, escaping violence, or recovering from dependency. In 2024-25:

471



**women &
accompanying
children** supported

226



women & 178 children
supported through our housing
& domestic violence services

47,639



**nights of
accommodation to
389** women & children

How we support families in Canberra:



SAFE HOUSING

Toora provides safe, secure, and trauma-informed housing for women and children escaping domestic violence, homelessness, or unsafe living conditions.



KEEPING FAMILIES TOGETHER

Our alcohol and other drugs (AOD) recovery programs are designed to help reduce relapse, improve wellbeing, and reconnect women with their families and communities. We keep young children with their mothers during their stay in our residential recovery service.



FREE COUNSELLING

Toora's support of women extends to the families they care for. Through Parentline ACT, a free counselling service, we provide a vital lifeline for mothers, fathers, guardians, grandparents, and carers navigating the complexities of raising children—whether toddlers, teens, or adult children.



PARENTING COURSES

Toora runs the Circle of Security Parenting and Intensive courses that provides parents with practical support on understanding the behaviours of their children and improving emotional support.

**Together we can create a Canberra
where every woman and child can
feel safe, supported, and seen.**



SCAN & SUPPORT OUR WORK
toora.org.au/support-our-work