



MENTAL HEALTH & WELLBEING

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

You don't need a diagnosis to deserve support. Whether you're feeling anxious, overwhelmed, working through trauma, or rebuilding after violence, Toora offers a safe space to talk, heal and move forward—at your own pace, in your own way. In 2024-25:

1,200



**individual
counselling
sessions** including
Parentline provided

140



**psychoeducational group
sessions** delivered

(including DBT skills, Healing Trauma,
Circle of Security Parenting and Art
Based Healing)

92%



clients reported
improvement in their
wellbeing after
working with a
counsellor

How we support mental health & wellbeing:



COUNSELLING

One-on-one support with a qualified counsellor for up to 12 weeks. Together, we focus on your safety, emotional wellbeing, and coping skills. Counselling is trauma-informed, confidential, and designed to give you space to talk through what you've experienced and explore ways to move forward—at your pace, in your way.

We also provide a free counselling service through Parentline ACT, a vital lifeline for mothers, fathers, guardians, grandparents, and carers navigating the complexities of raising children—whether toddlers, teens, or adult children.



CIRCLE OF SECURITY PARENTING (COS-P)

An 8-week program that helps parents strengthen their bond with their children (0-6yrs). Together, we explore children's emotional needs, managing big feelings, and building self-esteem. COS-P is internationally recognised and evidence-based, designed for parents who spend regular time with their children and want support in navigating challenges.

How we support mental health & wellbeing:



HEALING TRAUMA GROUP

A 6-week group that focuses on understanding trauma and rebuilding self-worth. You'll learn practical coping skills, explore self-care, and develop strategies for healthier relationships. Every woman's experience of trauma is different, and this program provides a safe space to be heard and supported.



DIALECTICAL BEHAVIOUR THERAPY (DBT)

An 8-week evidence-based group for women who may be navigating substance use, the impacts of domestic or family violence, or emotional distress. DBT focuses on skills to manage emotions, strengthen relationships, improve self-image, and support recovery.



THIS IS MARIA'S STORY

Maria, 39, escaped domestic violence in her home country, arriving in Australia pregnant with her two children in search of a safer, better life.

Her challenge

Maria faced multiple challenges including trauma from domestic violence and abuse, emigration, parenting pressures, and urgent needs for housing, legal aid, and support for her children's education and care.

How support helped

With Toora's case management and counselling, Maria made strong progress managing her emotions, financial challenges, and parenting. She developed better coping and communication skills, showing great commitment to her healing. Toora also supported her son, helping him process trauma and adjust to a new country.

Where she is now

Thanks to Toora, Maria and her children now access vital opportunities and enjoy a life where they feel safe, supported, and understood.

Creating a Canberra where every woman and child can feel safe, supported, and seen.



Find out more at
www.toora.org.au

