

# FAMILY KONNECTIONS

## Men's Business Program

### Support for Men Affected by Domestic and Family Violence



Catch and Release is a culturally grounded 4-week program using the metaphor of freshwater fly fishing. It is designed to support Aboriginal men in healing, trauma recovery, and identity rebuilding. The program is specifically for men who have experienced or used domestic and family violence, offering a safe space to reflect, take responsibility, and begin a new path. It encourages participants to become stronger, accountable, and proud of their culture. The program aims to help individuals reconnect with their culture, break cycles of harm, and access support for employment, education, and overall wellbeing. Walk your path with strength.

## Workshop Sessions

Session 1: Recognising Trauma and Triggers

Session 2: Unpacking the Layers

Session 3: Truth-Telling and Responsibility

Session 4: Growth, Healing, and the Ongoing Journey



**Starting 26th May 2025**  
**Every Monday and Tuesday**  
**for the next 4 Weeks**  
🕒 **11:00 AM – 1:00 PM**



**Location**  
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