

Summer/Autumn 2025-2026 Program

Cabrini Women's Mental Health service provides specialised day programs designed to support women in their journey to mental wellness.

Delivered at the Cabrini Specialist Centre – Elsternwick or online, our aim is to create a safe, welcoming space where each participant can explore their thoughts, emotions, behaviours, and develop new skills to enrich their lives.

Program Structure

Our therapeutic groups are compact and intimate, typically consisting of up to 12 participants. This size allows for personal attention, ensuring everyone's needs are met.

Each group is led by experienced facilitators who provide professional support and guide the therapeutic process.

Program Duration

Each of our programs runs for half a day, from 9.30 am - 12.30 pm unless otherwise stated.

They include a short break, providing an opportunity to reflect on learning, network with other participants, and enjoy a moment of rest and rejuvenation.



Cabrini Women's Mental Health

Day Programs

Dialectical Behaviour Therapy (DBT)

20 weeks | Mondays (online) or Tuesdays (in person)

Experience a journey of self-discovery and self-improvement with our DBT program. Over 24 weeks this group will help participants learn effective strategies for managing emotions and minimising interpersonal conflicts. DBT focuses on four key areas: mindfulness, emotional regulation, distress tolerance and interpersonal effectiveness. DBT creates a supportive environment where participants can acquire new skills, gain insight into their emotional world, and improve their interpersonal relationships. This program is ideal for those who wish to better navigate emotional landscapes and foster healthier relationships.

CPT for PTSD

12 weeks | Mondays (in person)

The CPT (Cognitive Processing Therapy) Program is a closed group designed to support individuals with PTSD. This evidence-based program helps participants process trauma-related thoughts and emotions without discussing specific trauma details, focusing instead on reframing beliefs and building coping skills. The group setting offers unique benefits, providing mutual support and connection that strengthens resilience and promotes long-term healing.

Emotional Empowerment

20 weeks | Wednesdays (online)

Offered through a convenient telehealth format, this 20-week program integrates techniques from Dialectical Behaviour Therapy (DBT), Acceptance and Commitment Therapy (ACT) and Cognitive Behaviour Therapy (CBT). Designed for those seeking a holistic approach to mental health, it focuses on acceptance, mindfulness and personal values. In this supportive space, you'll learn to embrace your experiences and cultivate a mindful and value-oriented life.



Art Therapy

10 weeks | Fridays (in person)

Art Therapy is a unique path to self-expression and healing. This program allows you to explore your emotions and experiences through the creative process. Our trained art therapist creates a nurturing environment where you can express yourself freely, without judgment. No art experience is necessary – the focus is on the process and the insights gained, rather than the finished product. Through this program you will discover the transformative power of art.

Premenstrual Dysphoric Disorder (PMDD)

10 weeks (in person)

Our PMDD Program is a closed group that offers a safe and understanding space for women to learn about and manage this challenging condition. Throughout the program we delve into understanding the symptoms and triggers of PMDD, explore effective coping mechanisms and learn how to implement lifestyle changes that can help you manage the condition. This group is facilitated by professionals experienced in women's health and PMDD, providing you with the necessary support and resources to better manage this condition. You'll gain insight, strategies, and a community of support in our PMDD program. Clients must have a diagnosis of PMDD to be eligible to join the program.

Acceptance and Commitment Therapy (ACT)

10 weeks | Thursdays (in person)

Our ACT program encourages you to embrace your thoughts and feelings rather than fighting or feeling guilty for them. You will learn to accept what is out of your control and commit to actions that enrich your life. This program uses mindfulness strategies along with commitment and behaviour change techniques to increase psychological flexibility. This program provides the skills that will help you live a balanced and fulfilling life.

COGtrain

10 weeks | Mondays 1 – 4 pm (in person)

Discover the path to enhanced cognitive abilities with our 8-week COGtrain program, tailored specifically for women facing mental health challenges. Our COGtrain program focuses on supporting key cognitive skills like memory, attention, organisation, and decision-making. Through a blend of psychoeducation, engaging exercises, and practical strategies, clients will gain valuable insights and tools to sharpen their cognitive functions. Our program is tailored specifically for women facing mental health challenges and clients will learn new ways of "working around" cognitive difficulties. COGtrain is a dynamic approach offering a supportive and empowering environment to foster mental agility and resilience.

Living Well with ADHD

10 or 20 weeks | Thursdays (in person)

This program aims to support women with a confirmed or suspected diagnosis of ADHD. We consider the real impacts of ADHD on everyday functioning, and look at this through a strength-based lens. Our women focused group takes into account issues that apply specifically to women, such as the impact of hormones, emotional internalisation and interpersonal relationships. The group is supported by evidence-based research including CBT and DBT and includes practical skills to support the challenges of living with ADHD. The group aims to foster a safe and welcoming network to explore shared experiences. We are passionate about bringing women together to feel connected and empowered to learn and thrive with ADHD.

Group EMDR

6 weeks | Wednesdays (in person)

The Group EMDR. (Eye Movement Desensitization and Reprocessing) Program is designed to make trauma support accessible to more people by providing an effective evidence based treatment in a group setting. In this program, clients won't need to discuss specific details of their trauma. Instead, they'll engage in guided EMDR techniques that help reduce the distress associated with traumatic memories. Originally developed to reach larger groups in need, Group EMDR offers a safe, structured environment where participants can work on healing alongside others, gaining support and connection throughout the process.



Group Schema Therapy

20 Weeks | Tuesdays (in person)

Our Group Schema Therapy program is a 20-week closed group designed to help individuals break long-standing emotional and behavioural patterns. It is a treatment modality that goes beyond symptom management, exploring how individuals can improve their overall quality of life, develop stronger and healthier relationships and find a sense of autonomy and competence in their lives. The therapy will involve a range of cognitive interventions, behavioural change strategies, and experiential exercises to provide emotional corrective experiences.

Authentically Autistic

10 Weeks | Wednesdays 1 - 4pm (online)

Our autism program is a 10-week open group that aims to support autistic individuals. We cover topics central to autism, including both the strengths and challenges that come with the autistic brain. Some examples of topics include sensory differences, burnout, and navigating social communication differences. Our neuro-affirming group aims to offer a safe and inclusive environment to build an understanding of what being autistic looks like for you, and to connect with others through sharing lived experiences.

WARM (Women's Addiction Recovery and Mental Health)

10 weeks | Fridays (in person)

Our WARM program provides a safe, supportive, and trauma-informed space for women navigating recovery from substance use and the impacts of trauma. Using an integrated approach, our program recognises the complex relationship between trauma and substance use, addressing both in a dual-focus and holistic way. Through psychoeducation and skills-focused discussions, this group supports with developing healthier coping strategies, building emotional regulation, and strengthening sense of safety and stability.

Visible and Valid

12 Weeks | Fridays 10.30 am – 1.30 pm (online)

Living with invisible and chronic illnesses such as persistent pain, fatigue, hypermobility spectrum disorders (inc. EDS), central sensitivity syndromes, orthostatic intolerance (and/or POTS), or functional neurological disorder (FND) can feel like a walking path no one else sees. Invisible illnesses don't just affect the body – they affect how we think, feel, and relate to the world. Emotional stress, trauma and chronic dysregulation can all amplify physical symptoms, while living with these ongoing, poorly understood health issues can take a significant toll on mental health. In this group you'll experience; psychoeducation, reflective therapy, explore coping and resilience tools, body-based practices and community connection.

Heart of the Matter

12 Weeks | Thursdays 10 am – 1 pm (in person)

Heart of the Matter is an open group that fosters wellbeing through social connection with other participants. Open to individuals who would like to focus on regaining a sense of themselves, feel empowered, build relationships, improve psychosocial skills, develop effective communication and find new and meaningful interests while sharing a laugh along the way. Heart of the Matter offers a safe and inclusive environment to interact and connect with others with a lived experience of mental health. The group will take place in various community spaces (e.g., Elwood beach, Ripponlea Estate, NGV Ian Potter) and will involve eco-therapy activities.