Winter/Spring 2026 Program

Cabrini Women's Mental Health service provides specialised community 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 community programs run for half a day (3 hours).

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

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Cabrini Women's Mental Health

Community 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 20 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 ProcessingTherapy) 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 judgement. 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.

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.

Reclaiming Clarity

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

Discover the path to enhanced cognitive abilities with our 10-week Reclaiming Clarity program, tailored specifically for women facing mental health challenges. Our Reclaiming Clarity program focuses on supporting key cognitive skills like memory, attention, organisation, and decision-making. Through a blend of psycho education, 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. Reclaiming Clarity 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 Schema Therapy

20 Weeks | Wednesdays & Thursdays (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.

Group EMDR

6 weeks | Tuesdays (online)
Starting January 2027 - add your name to the wait list

The Group EMDR (Eye Movement Desensitisation 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.

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Integrating Schema

10 Weeks | Tuesdays (in person) commencing in October

Integrating Schema is a closed group for individuals who have already completed the 20-week Group Schema Therapy program. Integrating Schema will have a strong experiential focus and will include chair work exercises with your coping modes and critic modes, as well as imagery with your healthy adult and vulnerable child. We will use the healthy adult connection form to continue to develop your capacity to meet core emotional needs. The group will support you to continue to build on and integrate the skills, insights and gains made during your first schema program.

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 walking a 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 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; psycho education, reflective therapy, explore coping and resilience tools, body-based practices and community connection.

Anchor in Strength

Offered in two formats | Monday (in person) & Thursday (online) 9:30 am - 12:30 pm

A trauma-informed group designed to support women following an inpatient mental health admission as they transition into Cabrini's community women's programs. The group provides a safe and supportive environment to develop a greater understanding of mental health and strengthen psychological and emotional coping strategies. It focuses on managing mental health struggles; while supporting participants to build self-awareness, develop practical skills and make positive behavioural changes. Through a combination of psychoeducation, therapeutic discussion and practical skills; participants will be supported to maintain wellness in the community. Clients have the option of attending the number of sessions that suits their needs, please discuss with your Care Coordinator.



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Cabrini Women's Mental Health
Cabrini Specialist Centre – Elsternwick
Level 2, 494 Glen Huntly Road
Elsternwick VIC 3185
PH: (03) 9508 5100 E: wmhdayintake@cabrini.com.au
www.cabrini.com.au/wmh