

Zahra is a safe space to reconnect with yourself and rebuild your life.

The Zahra Foundation is a not-for-profit that lights a path forward for women impacted by domestic abuse, providing free programs, services, education and grants promoting economic wellbeing and empowering participants to build a life that is free from poverty and abuse.

Our programs, services, grants and workshops are centered around gaining...

Financial Independence

Economic Empowerment

Personal Empowerment

zahrafoundation.org.au

Want to learn more about what we do?

Visit our website:

zahrafoundation.org.au



South Australia
Adelaide (Head Office)
Phone: (08) 8352 1889
Email: admin@zahrafoundation.org.au

New South Wales
Newcastle
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Supported by



THE ZAHRA FOUNDATION



Lighting a path forward for women impacted by domestic abuse

The Zahra Foundation provides programs, services, education and support that **empowers you** to take the next steps forward and build a life free from poverty and abuse.

zahrafoundation.org.au

We empower women to make their own choices for their future and support their independence.

Programs

Pathways to Empowerment

Pathways to Empowerment is a 9 week program for women impacted by domestic abuse that allows you to connect with yourself, identify your goals and take the next steps to realise them. You will have the opportunity to build skills and confidence, learn about healthy relationships, communication, decision making for your future and discover pathways to education, training and employment.

Who is the program for?

This program is for women and non-binary people of all ages who have been impacted by or are recovering from Domestic Abuse. It is free, confidential and voluntary.

Program details

The group sessions are held once a week during school hours and terms and are delivered across various locations in South Australia and New South Wales.

"Without this program or those women I doubt I would've found the strength to pull myself back together again mentally and emotionally."

- Pathways to Empowerment Participant

Services

Financial Counselling

We offer a free, specialist Financial Counselling service for women impacted by domestic abuse related debt and financial hardship. Our specialist, trauma and violence informed Financial Counsellors are non-judgemental and supportive in their approach and empower you with skills, knowledge and choices to build the life you want.

"The Zahra Foundation helped give me a sense of hope and made it possible to live a safe life with my baby ... helping me with the financial debt that my [domestic abuse] situation left me in."

- Financial Counselling Participant

Grants

Opportunity Knox



While recovering from domestic abuse, if you are experiencing financial hardship or facing barriers associated with the costs of gaining and sustaining education or employment, you may be eligible for our small grants program Opportunity Knox.

To be eligible, you are required to have a needs assessment and a completed application from a domestic abuse support worker, which can be downloaded from our website.

"I am so grateful that the Opportunity Knox Grant has paid for my language assessment to work in Australia. My life will improve when I start work and I can make a safe future for my son."

- Opportunity Knox Grant Recipient

Education

Workshops

The Zahra Foundation hosts a range of educational workshops that build skills and provide information that can support women in their journey to economic independence. The workshops are centred around tools, skills and information that can assist in entering and maintaining education, employment and training, such as financial literacy, budgeting, resume writing.

Open House

"Open House" morning tea is held once a month, providing participants with a safe and supportive space and access to information from key service providers across the range of services and programs that are available during recovery from domestic abuse that support building independence. It is also an opportunity to connect with the Zahra community. *Currently only held in South Australia.*

To find out more, or to enrol as a participant, please contact the South Australian Head Office:

Phone: (08) 8352 1889

Email: admin@zahrafoundation.org.au