

Men's Behaviour Change Program

Relationships Australia®

VICTORIA

A free, 20-session group program for adult men who have used violent or controlling behaviours towards their partner/s and/or children and would like help with managing their behaviour.



Is it time for change?

How do I know if this program is for me?

As a man, in your relationship with your current/former partner, have you done any of the following? Tick the boxes that apply.

- Often criticised, called them names, put them down in front of others or said things to frighten them?
- Hit, punched, slapped, pushed or shoved them, or pulled their hair?
- Made threats of physical violence, such as threatened to throw something, use a weapon, hit them, or hurt a pet?
- Pressured or forced them to have sex when they didn't want to?
- Been extremely jealous, such as unfairly accusing them of paying too much attention to another person?
- Controlled your shared finances so they are dependent on you, or prevented them from using money for their own purposes?
- Not let them do something they wanted to do, such as meeting up with friends or working?
- Used your children to control and dominate them?
- Abused your children or controlled them in ways that are not healthy and supportive of their development?

If you answered **yes** to any of these questions, and you're ready to take responsibility for your behaviour and would like help to change, **an MBCP can help**.

Programs aim to:

- encourage you to take responsibility for using violence.
- give you an opportunity to explore and reflect on your attitudes and beliefs that may influence your use of violence.
- increase your understanding of the impact of your use of family violence towards your partner/s and/or children.
- help you make changes to develop safe and respectful relationships with your partner/s and/or children.

How are groups provided?

We run face-to-face groups from our centres in Boronia, Cranbourne North, Kew, Shepparton and Sunshine.

Online services may be provided in cases where in-person groups cannot be delivered in a COVIDSafe way.

How much does it cost?

Free of charge. Bookings are essential as places are limited.

How do I get started?

To find out more or to make an appointment for an assessment, please contact your nearest centre:

- **Boronia and Kew:** (03) 9725 9964
boronia@rav.org.au
- **Cranbourne North:** (03) 5911 5400
cranbournenorth@rav.org.au
- **Shepparton:** (03) 5820 7444
shepparton@rav.org.au
- **Sunshine:** (03) 8311 9222
sunshine@rav.org.au

Family safety is a vital part of the program, so our family safety practitioners will contact your partners and/or family members to offer them support and assistance.

We do this because people exposed to or affected by family violence also need support.



Relationships Australia Victoria acknowledges the Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the lands and waterways of Australia. We support Aboriginal people's right to self-determination and culturally safe services.