

## What is a men's behaviour change program?

A men's behaviour change program is a program for men wanting to end their use of controlling and abusive behaviours (including violent incidents) and other problematic behaviour in their relationships.

The program is designed to help men to address hurting the people they love most, develop an improved sense of self, and in the process become better partners and fathers.

## What is family violence?

Family violence, or domestic violence, is a pattern of behaviour where one person tries to dominate and control the other. It can include a range of behaviours, including:

- physical abuse (hitting, punching, using weapons to frighten, threatening to do harm, harming pets)
- verbal abuse (harassing, threatening, saying things to frighten, calling insulting names)
- sexual abuse (forcing someone to have sex when they don't want to, or engage in behaviours they are not comfortable with)
- social abuse (controlling who family members socialise and/or associate with)
- financial abuse (controlling access to money)
- emotional abuse (withdrawing support, 'silent treatment', expressing extreme jealousy)
- stalking (spying on or following family members including through the use of electronic means)
- spiritual abuse (controlling the religious beliefs and/or cultural practices of family members).

If you're not sure whether what's happening in your family is family violence, you can call us to arrange an assessment, talk about what's been happening and find out more about how we can help.

## Who we are

Relationships Australia Victoria (RAV) is a valued provider of specialist family and relationship services. RAV provides services from 15 centres in metropolitan Melbourne and regional Victoria.

Our services include counselling, family violence prevention, support and recovery services, child and family services, family dispute resolution, relationship skills courses, mental health services, and professional development and training.

## Contact us

Men's behaviour change programs are provided through the following centres.

### Boronia

Ph: (03) 9725 9964

Email: [boronia@rav.org.au](mailto:boronia@rav.org.au)

### Cranbourne North

Ph: (03) 5911 5400

Email: [cranbournenorth@rav.org.au](mailto:cranbournenorth@rav.org.au)

### Kew

Ph: (03) 9261 8700

Email: [kew@rav.org.au](mailto:kew@rav.org.au)

### Shepparton

Ph: (03) 5820 7444

Email: [shepparton@rav.org.au](mailto:shepparton@rav.org.au)

### Sunshine

Ph: (03) 8311 9222

Email: [sunshine@rav.org.au](mailto:sunshine@rav.org.au)

[www.rav.org.au/MBCP](http://www.rav.org.au/MBCP)

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Images are for illustrative purposes only.

# Men's behaviour change program



Relationships Australia<sup>®</sup>

VICTORIA



## Is it time for change?

In your relationship with your partner (or former partner) and your children, are you...

- **Acting** like the boss or like you're in charge?
- **Doing or saying** things you later feel bad about?
- **Trying** to control everything?
- **Lashing out** - with words or your fists?
- **Making** your partner, former partner or kids scared of you?
- **Struggling** to make your relationships work?

If you answered yes to any of these questions, then it's time for change.

If you're ready to take responsibility for the way you've been acting, a men's behaviour change program can help show you how to relate to your family in healthy and positive ways.

*"I still get angry - everyone does. But I don't take it out on my family anymore."  
- PJ*

## Positive steps

The first steps to ending family violence are to:

- acknowledge that it's happening in your relationship
- take ownership of your journey towards change
- learn tools to manage your emotions and choices in healthier ways - rather than blaming others or making excuses for your behaviour.

*"I felt like everything was getting out of control - including me. Now I realise that I have choices about how I respond to things." - MC*

## Support for those experiencing violence

We also provide support and assistance to impacted family members, including:

- individual counselling
- women's support, including group programs
- information
- child and parenting support
- referrals for people experiencing violence.

If you believe that you've been experiencing violence in your relationship, please contact us for a confidential chat about your options.



## Getting started

To get started, call your nearest centre to make a time to attend an information session.

At the information session, you will receive information about the program and be able to determine whether it's right for you.

You can then arrange an assessment session, where you'll meet privately with a facilitator to talk about what has been happening in your family and relationships, and begin to identify goals related to behaviours you want to change.

Family safety is an important aspect of the program, so our staff will also make contact with your family members to offer them support and assistance they might need. We do this because people exposed to family violence need support.

## Group program

Groups run for 20 weeks. New groups start throughout the year. Please contact your nearest centre for upcoming dates.

## Cost

RAV is a not-for-profit community organisation and our services are only partially government funded, so fees are normally charged. However, we try to make our services as affordable as possible. Please contact us for more information about the fees for men's behaviour change programs.

*"I thought I was the only one who acted this way. Meeting other men in the group made me realise a lot of men have problems with this stuff." - JM*