

Getting started

To get started, just call us on (03) 9725 9964 to arrange a time for an assessment, where you'll meet with a program facilitator for a one-to-one interview.

The facilitator will talk with you about what has been happening in your family, tell you more about the program, and help you identify which behaviours you want to change.

Program staff will make contact with your partner and children to offer support and any assistance they might want (we do this because people exposed to family violence need support).

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



Relationships Australia

VICTORIA

Croydon Centre

Time for Change



Time for Change - dates, times and location

Initial assessment

By appointment, normally during business hours. Fee is based on a sliding scale dependent on income.

Open Group

Tuesday evenings 5.45pm - 7.45pm.
\$20/session (negotiable)

Closed Group

Runs once a term for men who have made progress in the Open Group. Tuesday evening 6pm - 8pm. \$20/session (negotiable)

Location

All assessments and program sessions are conducted at:

Relationships Australia Victoria

8 Civic Square Croydon VIC 3136

Phone: (03) 9725 9964 Fax: (03) 9723 4609

www.relationshipsvictoria.com.au

Funded by the Australian Government.

Relationships Australia

VICTORIA

Men's behaviour change program.

*For men who have
the courage to give it a go.*

Time for Change is a program for men wanting to end their use of violence and other problem behaviours in their relationships.

The program is designed to help men to stop hurting the people they love most, and in the process, become better partners and better fathers.

Is it time for change?

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

- **Acting** like the boss or that 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, ex-partner or kids scared of you?
- **Struggling** to make your relationships work?

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

If you're ready to take responsibility for the way you've been acting, the Time for Change program can help you become calmer, and show you how to relate to your family in healthy and positive ways.

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

What is family violence?

Family violence describes any type of abusive behaviour used by one person to gain power and control over another. It physically and emotionally harms the person who experiences the violence, as well as the person using violence.

Family violence takes many forms, including:

- Physical (punching and kicking)
- Verbal (shouting and screaming)
- Psychological (mind games, manipulation)
- Emotional (putting people down, 'silent treatment')
- Financial (controlling access to money)
- Social (controlling who family members can socialise with)
- Spiritual (controlling religious beliefs).

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



Positive steps

The first steps to ending family violence are to...

- **Acknowledge** that it's happening in your relationship, and
- **Take responsibility** for what's been happening - 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

As well as assisting men to address their use of violence, Relationships Australia also provides...

- Individual counselling
- Women's support-group programs
- Information, and
- Referral for people experiencing violence.

If you believe you've been experiencing violence in your relationship, please contact our partner support worker on (03) 9725 9964 for a very confidential chat about the options available to you.