

## What men have said about our programs

*"I don't feel so alone"*

*"I now understand the difference between anger as a feeling, and violence as a behaviour"*

*"I don't feel judged by the group leaders"*

*"It's good to have somewhere to talk to other men about my feelings. It doesn't happen at the footy club or the pub"*

*"I'm grateful to have learnt new skills"*

*"I'm keeping my kids in mind now"*



## To get started

To join a men's group or find out more, simply contact us and ask to be booked in for an assessment with one of our experienced counsellors.

## Well done on taking this first step!

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Sunshine Centre

# Men's Groups



Behaviour Change Programs  
and Men's Support Groups.

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

## Do you want to be a better partner/dad?

In your relationships with your partner or kids...

- Are you acting like the boss?
- Are you doing or saying things you later feel bad about?
- Are you trying to control everything?
- Are you lashing out with your tongue or your fists?
- Are you making your partner or kids scared of you?
- Is your relationship being affected?
- Are you hurting the people you love most?
- Have the police ever been called to your home?
- Have you ever had an intervention order served against you?

## A chance to make a positive change

Women and children have the **right** to live their lives freely and safely.

When the men they love use their power to hurt, punish, or control them, then that right is violated.

Using male power like this is called **family violence**, and men can get help to stop it.

If you're thinking about making changes to **become a better partner or dad**, you don't have to go it alone!

Relationships Australia (Victoria) in Sunshine runs groups for men who have been violent and controlling towards family members.

Men in the group **talk, share information, challenge and support each other** to be better men, partners, and fathers.

These groups can help you to **make things different**, and to **stop family violence**.

## Group session times

### Entry Men's Support Group

Runs on Tuesdays 6.30pm-8.30pm at various times of the year.

### Men's Behaviour Change Group

14 weeks - Tuesdays 6pm-8pm

### Mentor Group (ongoing men's support group)

Thursdays 6.30pm-8.30 pm

**Note:** An assessment is required prior to joining any of these groups. A small fee is charged for all group sessions. Please contact us for more information (see *back page for contact details*).

## Just to let you know

When you contact us for the first time, we will:

- Arrange to meet with you so, you can tell us about your situation and behaviour, and what you want to change.
- Contact any women and children with whom you have a family or intimate relationship. This is a condition of joining our program; we do it because all women and children who might be experiencing family violence need support. It also helps us understand your partner's experience of your anger/violence.
- Give you information about how our program operates.

If you are eligible, you can join our weekly sessions, and work with other men who have the guts to change their own behaviour and their families' lives.

