



## Men's Behaviour Change Program



2012 Calendar and Program Guide

Lifeworks Relationship Counselling and Education Services

# THE PROGRAM

## Men's Behaviour Change Program

The Men's Behaviour Change program is designed for men who are committed to changing their patterns of abusive behaviour. It is particularly relevant to men who behave violently at home.

The program is conducted over thirteen weeks and provides intensive work to enable men to accept responsibility for their choices and behaviour and to handle strong emotion and conflict with understanding, confidence and self-control.

## Program Topics and Themes

Themes covered within the Men's Behaviour Change program include:

- understanding what violence and abuse is about
- personal responses to anger
- accepting responsibility for behaviour
- strategies to support responsible behaviour
- power and control
- cycle of violence
- communication skills.

## Safety and Support

The Men's Behaviour Change program facilitators work to support new learning and to challenge unproductive attitudes in a climate of safety that models respectful relating.

LifeWorks staff maintain contact with family members and invite partners and others affected by violent behaviour to attend an information session and counselling.

The safety and wellbeing of partners, ex-partners, children and family members is paramount in the provision of our services. Post program support is available.

# MEN'S BEHAVIOUR CHANGE

## 2012 Program Dates and Locations

### **Melbourne CBD**

Sunday 22nd January

Sunday 26th February

Sunday 18th March

### **Frankston,**

Sunday 4th March

Sunday 19th August

Sunday 20th May

### **Wyndham,**

Sunday 19th February

Sunday 12th August

Sunday 12th August

Visit [www.lifeworks.com.au](http://www.lifeworks.com.au) for all program dates, location details and to register online, or contact us on 8650 6200.

## What does the program cost?

The cost of the 13 week program is \$325 which can be paid in weekly installments of \$25 per session. A fee is also applicable for the intake interview. This fee is calculated on a sliding scale based on income.

A non-refundable deposit of \$50 is required to secure your place in the program. (Please discuss this with the counsellor at the intake interview if this proves difficult).

Please Note: The program must be fully paid and attended for a Certificate of Completion or Letter of Attendance to be issued,

# PROGRAM ENROLMENT

## How do I enrol in the program?

Men who are considering enrolment are required to attend an initial interview to discuss suitability for the program.

To book an intake interview appointment, or for more information about the groups, please email [lifeworks@lifeworks.com.au](mailto:lifeworks@lifeworks.com.au) or telephone your closest LifeWorks branch:

**Melbourne CBD groups:** 8650 6200

**Frankston groups:** 9783 7611

**Wyndham groups:** 9974 3200

## IMPORTANT INFORMATION

### Concessions and Exemptions

LifeWorks does offer concessions and exemptions on the program fees for eligible participants. Please contact LifeWorks to discuss further.

### Certificates of Completion, Letters of Attendance

LifeWorks provides certificates of completion and letters of attendance to all participants who attend and pay for every session in the program.

### Observation

Occasionally LifeWorks' programs are observed by staff as part of their training. If you have any concerns about an observer in the program, please discuss this with the co-ordinator prior to attending.

### Cancellation Policy

In this event that LifeWorks cancels a program participants will be transferred or issued with a refund. If a participant cancels their enrolment more than 7 days prior to the program start date, a transfer or refund (less 20% administration fee) will be organised. No refunds will be issued for cancellations made within 7 days of the program date.

# Introducing LifeWorks

LifeWorks provides counselling services, family dispute resolution and relationship programs for individuals, couples and families.

LifeWorks also provides Employee Assistance Programs (EAP), workplace consulting and training to organisations.

LifeWorks has ten branches throughout metropolitan Melbourne and regional Victoria. The Men's Behaviour Change Program is offered at three branches: Melbourne CBD, Frankston and Wyndham.

For more information, log on to [www.lifeworks.com.au](http://www.lifeworks.com.au).

## Program Locations

### **Melbourne CBD**

Level 4, 255 Bourke Street,  
Melbourne, 3000  
T 8650 6200 F 8650 6299

### **Wyndham**

1 Johnson Avenue,  
Hoppers Crossing, 3029  
T 9974 3200F 9974 6462

### **Frankston**

345 Nepean Highway,  
Frankston, 3199  
T 9783 7611 F 9783 8633

## Contact Us - 1300 543 396

For more details or program bookings, please contact us on 03 9650 8650 or 1300 LifeWorks (1300 543 396).

Visit us online and register at [www.lifeworks.com.au](http://www.lifeworks.com.au) or email [lifeworks@lifeworks.com.au](mailto:lifeworks@lifeworks.com.au)



LifeWorks is a not-for-profit organisation approved by the Federal Attorney-General's Department under the provisions of the Family Law Act 1975 and is partially funded by the Australian Government.

ACN 071 373 950 | ABN 50 071 373 950

# CHANGE YOUR BEHAVIOUR

## Are you....

- feeling stressed and angry too much of the time?
- hurting your loved ones emotionally or physically?
- bottling things up and then exploding?
- feeling anxious, confused or losing self control?
- concerned about your behaviour towards your partner or children?

## You are invited to

- develop more satisfying relationships
- learn non abusive behaviour
- challenge old ways of thinking and acting
- develop a caring respect for yourself and others
- develop responsibility for your own actions

Visit **[www.lifeworks.com.au](http://www.lifeworks.com.au)** for all Men's Behaviour Change program dates and location details. Register online or contact us on 8650 6200 to organise an intake interview.

## Participants' Comments

*"Knowing I wasn't alone and not being treated like some kind of monster meant a lot to me."*

*"My wife and children don't mind me being around again and the kids aren't scared of me now."*

*"I didn't get my wife back, but I do feel better about myself and I'm handling things better."*