



# Taking Responsibility for Respectful Relationships

This program is a group for men who use violence and abuse in their intimate and family relationships. The program is designed to help men stop hurting the people they love most, and in the process become better partners and better fathers, improving their quality of life through positive and respectful relationships.

This group offers a supportive program to have a look at these issues, discuss with other men experiencing similar struggles and take responsibility for making changes in their lives.

Groups will be conducted through our Deakin office. The cost is \$20 per session, however if the cost is a difficulty please contact the group facilitator.

- ? Have trouble keeping your cool?
- ? Are your partner, ex-partner or kids scared of you?
- ? Trying to control everything?
- ? Lash out verbally or physically?
- ? Act like the boss or like you're in charge.

To register or find out more contact:

Group Facilitator • [enquiries@racr.org.au](mailto:enquiries@racr.org.au) • 6122 7100

*Relationships Australia*  
CANBERRA & REGION

Every relationship matters.