

Men's Behaviour Change Program

How does the program work?

The 16-week program is made up of:

- weekly face-to-face group sessions in a supportive environment where participants can hold one another accountable
- three individual sessions at the beginning, halfway point and end of the program.

Throughout the program participants will learn about the impact of their actions, develop emotional regulation skills, explore power and control dynamics and challenge harmful attitudes.

Is it different to anger management?

Yes. Anger management programs are designed to help individuals regulate and control outbursts, providing stress and frustration management strategies. In contrast, the Men's Behaviour Change Program is designed specifically for men who have used family, domestic or sexual violence.

It aims to help participants understand the beliefs, attitudes and behaviours that drive violent actions. It has a greater emphasis on understanding the impact of violence – particularly on children, partners and families, and taking responsibility to make respectful choices in relationships.

Although the program addresses emotional regulation, it is not designed to address general anger management issues – as men who use family, domestic or sexual violence do not necessarily struggle with anger in other areas of their life.

Is it culturally safe?

Yes! The program is inclusive of men from all cultural backgrounds including Aboriginal and Torres Strait Islander peoples. We strive to create a culturally safe environment that respects all perspectives and cultural values. Our team are trained to approach sessions with cultural sensitivity and to work with you collaboratively to ensure your unique needs are met.

Can I do it online?

No, the program that we offer is in person only. Attending sessions in person is an important part of the program as it allows participants to connect with others with similar goals.

If you are unable to attend the program in person, please contact us to see if individual counselling may be suitable for you instead. Otherwise you can contact the [Men's Referral Service](#) to explore other options.

What does it cost?

\$20 per week for group sessions (16 weeks)

Fees for individual sessions are charged based on a sliding scale according to your income, ensuring accessibility for everyone. Please speak to our team for your fees.

What if I miss a session?

Attendance of all sessions is essential as the program requires your full commitment to foster accountability and meaningful change.

We understand that sometimes life interferences are unavoidable. If you are unable to attend a session, it is important that you communicate with our team so that we can work with you individually to make up before the next session.

Consistent attendance is critical for your growth and the integrity of the program. As such if you miss too many sessions we will recommend that you join the next program.

What topics are discussed?

The program covers:

- attitudes and beliefs that underpin harmful behaviours
- the dynamics of power and control in relationships
- emotional regulation skills to manage triggers and reduce harm
- identifying and addressing unhelpful thought patterns
- practical strategies to increase safety for family members and cease harmful behaviours

What if I am court ordered or referred?

Men's Behaviour Change is a voluntary program.

A court order or referral from an agency (such as the Department of Communities and Justice or Community Corrections) should be taken as a recommendation. This program is only right for you if you want to make positive changes. It requires your complete commitment and willingness to participate.

Do I receive proof of completion?

We can provide you with a letter of attendance as required. If you have been court ordered or referred by an agency, we can provide information (with your consent) on your attendance to the necessary agency. We will discuss this with you during intake before you commit to attend the group.

What if session times don't suit me?

Sessions are run on a week day evening from 5pm to 8pm. It is important to be consistent in order to make meaningful change. If you are unable to commit to attendance, please speak to one of our team to discuss the suitability of alternative support options.