

# Men's Behaviour Change Program

A free, 20-session group program for men who want to change their behaviour.



## Are you ready to make a change?

This program is for adult men who have used violent, harmful or controlling behaviour towards family members, including partners and/or children, and would like help managing their behaviour.

## Is this program right for you?

Take a moment to reflect on your relationships with your current/former partner and family members. In these relationships, have you behaved in any of the ways listed below?

- Criticised, belittled, or humiliated them, either privately or in front of others.
- Said things to frighten them.
- Been extremely jealous, such as unfairly accusing them of paying too much attention to another person.
- Stopped them from doing something they wanted, such as seeing friends or working.
- Controlled your shared finances so they were dependent on you, or stopped them from using money for their own purposes.
- Threatened harm, like using weapons, or hurting a pet.
- Pressured or forced them to have sex when they didn't want to.
- Used physical force, such as hitting, slapping, pushing, or pulling their hair.
- Used your children to control or manipulate a partner or family member.
- Harmed your children or controlled them in ways that are not healthy and supportive of their development.

If you answered **yes** to any of these questions, are ready to take responsibility for your actions and would like help to change, **our Men's Behaviour Change Program** (MBCP) can help.

## How can an MBCP help?

Our program aims to:

- help you take responsibility for using violence
- give you a safe space to explore and reflect on your attitudes and beliefs that may influence your use of violence
- increase your understanding of how your violent behaviour impacts your partner, children and family members
- help you make changes to have safe, healthy and more respectful relationships.

## How are groups provided?

We run in-person groups from our centres in Boronia, Kew, Cranbourne North, Shepparton and Sunshine. Some centres offer online groups.

## How much does it cost?

There's no cost to you. Bookings are essential.

## How do you start?

To find out more or to schedule an assessment, please contact your nearest centre.

- **Boronia and Kew:** (03) 9725 9964  
fvteambor@rav.org.au
- **Cranbourne North:** (03) 5911 5400  
cranbournenorth@rav.org.au
- **Shepparton:** (03) 5820 7444  
shepparton@rav.org.au
- **Sunshine:** (03) 8311 9222  
sunshine@rav.org.au

Family safety is a vital part of the program. Our family safety practitioners will contact your family members to offer them support and assistance. We do this because people exposed to or affected by family violence also need support.

## About us

Relationships Australia Victoria (RAV) is a community-based, not-for-profit organisation that has been providing family and relationship support services since 1948.

Our services are for all members of the community, regardless of their religion, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances.

Visit [www.rav.org.au](http://www.rav.org.au) to learn more.



We're committed to providing safe, inclusive and accessible services for all people.



We acknowledge First Nations peoples as the Traditional Owners and Custodians of the lands and waterways of Australia and support their right to self-determination and culturally safe services.

We recognise the lifelong impacts of childhood trauma.

We recognise those who had children taken away from them.



Relationships Australia Victoria acknowledges the support of the Victorian Government.