

# Living without VIOLENCE

## A PROGRAM FOR MEN



Are you hurting the people closest to you?  
It doesn't need to be that way!

The Living Without Violence program can assist you to stop using anger, violence or other abusive behaviour in your relationships. Develop the understanding and skills to create healthy relationships based on safety, respect, and consideration.



The Living Without Violence program is an 18 week group program designed to address domestic violence. Group sessions are held in the evenings, one night per week. Individual counselling may be available in some cases.

**Some of the topics covered will include:**

- ◆ Prioritising wellbeing for your family or relationship
- ◆ Understanding the thinking that leads to abuse, and making different choices for better outcomes
- ◆ Living according to your values
- ◆ Identifying and changing unhelpful beliefs
- ◆ Skills for dealing with difficult emotions, including anger
- ◆ How do you use your power: self-control or controlling others?
- ◆ Respect, equality and safety in relationships
- ◆ What kind of man, partner, and father do you want to be?
- ◆ Respectful communication skills
- ◆ Parenting after separation; parenting under pressure
- ◆ Responding to others' behaviour in a responsible way

Funded by



Queensland Government  
Department of Communities

### PROGRAM DATES:

#### Locations:

**Buranda and  
Stafford**

*Group programs run throughout the year. To enquire about dates for the next groups, please contact Anglicare on the number below.*

There is no fee for this program.

**For more  
information and  
to arrange a  
pre-group interview  
please phone:**

**1300 114 397**

For more information about this course or any other programs, please contact us at:

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