



TRANSFORMING MEN IN REDLANDS



Disrupting Family Violence & Moving Closer to Family Wellbeing

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Disrupting Family Violence & Moving Closer to Family Wellbeing

A 18 week intervention program for men that aims to increase safety and promote family wellbeing.

PARTICIPANTS WILL...

- Identify and work towards goals
- Explore core beliefs
- Explore emotions and develop strategies for emotional regulation
- Discover how respect and equality enhance relationships
- Learn how family violence affects children
- Uncover challenges and prepare for a lifetime of family wellbeing

WE ACCEPT REFERRALS...

- Service referrals
- Self-referrals
- Intervention orders

The referral and assessment periods for this group are only open twice yearly.

WHAT THE PROGRAM COVERS...

- Laying the foundation - preparing for the journey
- Thinking like a family man - Understanding thinking and beliefs
- Living according to values
- Mindfully managing emotions
- Meaningful relationships and respectful communication
- Understanding and exploring the impact on others
- Parenting under pressure
- Maintaining change and family wellbeing

FOR MORE INFORMATION...

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THE
CENTRE
FOR WOMEN
& CO.

Take a step towards family wellbeing.

Join like minded men in a supportive and non-judgmental environment.