





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 a 18 week group program designed to address domestic violence. Group sessions are usually held outside business hours. Individual counselling may be available in some cases.

Some of the topics covered will include:

- Using Time Out responsibly as a “safety valve”
- Skills for dealing with difficult emotions, including anger
- Who is responsible for your behaviour?
- How do you use your power: self-control or controlling others?
- Identifying and changing unhelpful beliefs

- Breaking the cycle of violence
- Respect and equality in relationships
- What kind of man, partner, and father do you want to be?
- Respectful communication skills
- The impact of abuse on children – creating a nurturing environment for your kids
- Responding to others' behaviour in a responsible way

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

Location: Eight Mile Plains or Stafford

Contact: 1300 114 397 or
email mhfw@anglicaresq.org.au

Cost: FREE



Anglicare
Southern Queensland



Support for the life you want

**Mental Health and
Wellbeing Services**