



can live a fulfilling life

Counselling Services

Counselling

An appointment-based counselling service for men in the ACT and region, and for their partners and families. Sessions usually go for about an hour, and people may see the counsellor for as many appointments as required. There is a limited capacity for evening appointment times.

Approach

Sometimes people simply need to be able to come to a place where they can have a private, confidential conversation, one where they can talk and feel heard without judgement, and EveryMan counsellors help with this by using a strengths-based approach in their counselling practice. 'Strengths-based' means that people have strengths and abilities to draw on to help them deal with the issues and concerns that have brought them to EveryManbullet.

Issues dealt with

There are no restrictions on what you can bring to counselling. For example, we can help with:

- Use of violence or at risk
- Child sexual/other abuse
- Experience of domestic, family and sexual violence
- Relationships
- Parenting
- Separation
- Family issues
- Alcohol/other drugs
- Housing issues
- Unemployment
- Workplace problems
- Depression
- Anxiety
- Trauma
- Grief and loss

Who's eligible?

Men living in the ACT and region, and their partners and family where the focus of counselling directly involves a man (partner, son, father, brother etc).

Preventing Violence, Changing Behaviour (PVCB)

PVCB is a 12-week behaviour change program for men who want to stop being abusive in their relationships. It provides a space for men to learn to take responsibility and be accountable for behaviours that have a harmful effect on partners, families and social networks. The program explores the impacts of men's abuse and violence on partners, children, themselves and others. It explores men's role in the world and relationships and underlying assumptions that violence is an acceptable way of dealing with conflict, helping men to identify the changes they need to make and how to make them.

PVCB is conducted by two group leaders. Numbers will be limited to twelve, and an interview with one of the group leaders will be required to ensure the applicant's suitability for the group. Once all the places are filled, men still on the waiting list will be given priority to join the next group. EveryMan is committed to keeping women, children and individuals safe. Consequently, partner advocacy and support services are offered to partners of men attending the group.

Who's eligible?

Men living in the ACT and region. This service caters for men at risk of using violence or other aggressive behaviour in a range of settings (e.g. the workplace, social or public environments), not only for men involved in domestic violence.



Referral Process

To make a referral to one of these services, please call the EveryMan office on 6230 6999 during office hours, or complete our on-line Referral Form <https://bit.ly/3N5FI4s>

Vacancies and waiting lists

Acceptance of Counselling referrals is subject to waiting lists and the level of need or urgency in each case.

For information about vacancies and waiting lists, please call the **EveryMan** office on **6230 6999** during office hours or send us a message by web form at www.everyman.org.au/contact-us/

Costs

The Counselling Service will ask for contributions by service users with capacity to pay. Recommended fees are based on income but can be negotiated in circumstances of financial hardship.

EveryMan works with men, and with their families, friends and workplaces, to find new ways for men to lead positive and fulfilling lives, building a strong and caring community here in the ACT.

Where Are We?

The **EveryMan** office is on the third floor of the Griffin Centre at 20 Genge Street, Civic.

Hours of Business

Monday to Friday, 9.00 am to 5.00 pm

Contact Details

Room 3.01 Griffin Centre, 20 Genge St. Civic;
GPO Box 1753, Canberra ACT 2601

W: www.everyman.org.au;

E: www.everyman.org.au/contact-us/

P: 02 6230 6999 **F:** 02 6257 1223

EveryMan Australia provides these services with funding from the National Housing and Homeless Agreement and the ACT government.

Human Rights Policy

EveryMan Australia is committed to the principles of Human Rights. We recognise our obligations under the Human Rights Act 2004 (ACT):

- We uphold the legal and human rights of people in the delivery of our services.
- We respect, uphold and promote the principles of Human Rights through every aspect of our organisation, including our vision and values, our corporate life, our interaction with our clients, our staff members and our dealings with our community.

Privacy Policy

- What you should know about the information we collect and what we use it for. We collect personal information about people using our services which helps us to provide our services (support programs, groups our legal obligations, and discharge our duty of care. You may seek access to personal information collected about you.
- From time to time, we disclose personal and sensitive information for administrative purposes to, for example, government departments, medical practitioners and other agencies and people providing services to us. Sometimes we have to disclose information if we believe someone is at risk of harm.
- If we can't get the information we need, we may not be able to provide services to a client or provide only a limited service which is less able to meet their needs because important information isn't available to us by contacting EveryMan on 6230 6999 during business hours. If you need more information about this policy or our procedures, you can:
 - Call the office on **6230 6999** during office hours.
 - Get a copy of our information sheet '**EVERYMAN PRIVACY POLICY**' from the EveryMan office, by email, or downloaded from the link on our website.

