



*can live a fulfilling life*

## How We Can Help

We provide services directly to men living in the ACT and region, and to their partners and families, to help find new ways for men to lead positive and fulfilling lives, building a strong and caring community here in the ACT. We work to offer people a real person-centred approach, driven by what's important in their lives – their priorities, interests and concerns - based on mutual understanding and commitment, to help men have success in finding fulfilment, independence and dignity.

Our work is based on an understanding of men's commitments and concerns, strengths, capacities and diversity, transforming that understanding into real outcomes for men, and for their partners and families in the areas of life that matter to them.

### Counselling

We provide an appointment-based counselling service for men in the ACT, their partners and families. Sessions usually go for about an hour, and people may see the counsellor for as many appointments as needed. Many of our clients come with complex issues:

- Concerns about using violence
- Child sexual or other abuse
- Victim/survivor of violence
- Relationships
- Separation
- Family issues
- Alcohol/other drugs
- Housing issues
- Workplace problems
- Depression and anxiety
- Trauma
- Grief and loss

**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/](http://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.

### Men's Accommodation and Support Services (MASS)

The **MASS** program supports single men with high and complex needs (and their partners and families) including men involved in the criminal justice system or other institutions, to avoid chronic homelessness by providing accommodated support and outreach services. Our case managers 'work with' rather than 'work for' our service users – being flexible, respectful, acknowledging their interests and concerns.

All service users are directly involved in planning and decision-making to have a genuine say in the setting of goals and identifying the strategies and skills they need to have outcomes in the areas of life that matter to them, including developing social networks that support them and a stronger capacity for self-management.

### Men and Violence

#### Working With the Man

This is a 20-week one-on-one behaviour change program for men who want to stop being abusive within their family relationships. We'll help participants to address their use of violence, understand the effect it has on people they care about, and learn how to build respectful and violence-free relationships.



And we'll help you with accessing any specialist services you might need and with managing your current legal requirements.

It's important to know that we will at all times give the safety of partners, children and other members of the family top priority.

### Preventing Violence, Changing Behaviour

**PVCB** is a 12-week behavioural change program for men who want to stop being abusive in their relationships. The program helps participants to identify behaviours, feelings, attitudes and responses which lead to violent/abusive/angry outbursts and actions. Our workers can provide information about our next **PVCB** group program, and the other supports available from our Violence Prevention Services.

### Immediate concerns - 48 hour response

You might have serious concerns about a recent incident where you became violent or nearly did. If you're concerned about your ability to ensure people around you are safe, give us a call **Monday to Friday during office hours**. We will make sure to see you **on the same day or within 48 hours**. (We regret that at this stage we don't have an after-hours or weekend service.)

### NDIS Services

**EveryMan** provides NDIS-funded therapy supports and support coordination to individuals with disabilities. Our counselling program helps improve community participation and existing relationships through tailored evidence-based therapies. Our **MASS** program provides experienced support coordinators to assist with NDIS plan implementation, connecting participants with service providers, and addressing any concerns that may arise. We are dedicated to empowering our participants to make informed decisions about their care and support, and to live fulfilling lives.

### 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](http://www.everyman.org.au);

**E:** [www.everyman.org.au/contact-us/](http://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.

