



can live a fulfilling life

Preventing Violence, Changing Behaviour

- changing behaviours, changing relationships, changing futures

Have you been

- arguing aggressively with people you care about partner, children, family?
- insulting them and putting them down?
- using threats and intimidating behaviour – waving fists, breaking things?
- using violence – hitting, pushing, kicking, throwing things?
- dominating in other ways – not letting them see friends/family, controlling family finances?
- having similar problems in other parts of your life – with friends, at work?

If this is you, or you know someone like this, then Preventing Violence, Changing Behaviour (PVCB) might be what you're looking for.

Program Objectives

EveryMan's Preventing Violence, Changing Behaviour (PVCB) program is designed for men who recognise that their behaviour has been hurtful, harmful and intimidating towards other people and want to do something about it. PVCB aims to:

- provide a safe, practical and supportive environment for you to understand your feelings, beliefs and behaviours
- help you to increase your understanding of the impact of your behaviours on others and on yourself
- help you understand what it means when you take responsibility for your actions and behaviours, and what this can mean for your life and for the people you care about

- provide you with practical and useful skills to give you more options for the future
- help you develop solid and supportive relationships with other men and your community

PVCB is committed to keeping women, children and individuals safe. Consequently, partner contact service is offered to partners of men attending the group.

What is PVCB?

- A 12-week behavioural change program for men which address a range of topics and skill-sets, allowing a man to identify his own behaviours, feelings, attitudes and responses which lead to violent/abusive/angry behaviours and actions
- A program for men who want to stop being abusive within their relationships. It provides a space for men to take responsibility and be accountability and for their behaviours that have a negative effect on their partner, family and social networks. It provides an opportunity for men to identify the changes they need to make and how to go about making them
- A program designed to help men exploring the impacts of their abuse and violence on partners, children, themselves and others. It explores ideas about men's role within the world and relationships and the underlying assumptions that violence is an acceptable way of dealing with conflict. It can help men gain the confidence to turn negative habits and cycles into positive ones and create the future you want



Program Content

- Invitation to Responsibility
- Interrupting Build Up to Violence
- Values and becoming the man they want to be
- Effects of violence on others
- Challenging social expectations of being a man
- Power
- Anger and Abuse
- Communication
- Tools for Dealing with Anger
- Sexual respect

Hours of Business

Monday to Friday, 9.00 am to 5.00 pm

Contact Details

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W: www.everyman.org.au;

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

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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.

