



CALL US

When you contact us for the first time, we will:

- **Meet with you** so that so you can tell us about your situation and behaviour, and what you want to change.
- **Give you information** about how our program operates.
- **Provide you with options** and recommendations about the services we can provide.
- Family Life has a **whole of family approach** and will contact your partner or ex-partner to offer support and services.

If you are eligible, you can **join our weekly sessions** and work with other men who want to change their own behaviour and their families' lives.



CONTACT US

For more information contact
Family Life on 8599 5433
Ask for the Duty Worker

Sandringham

197 Bluff Road Sandringham VIC 3191
Phone 8599 LIFE
8599 5433
Fax 9598 8820

Frankston

37 Playne Street Frankston VIC 3199
Phone 9770 0341
Fax 9770 2906

Chelsea

Suite 2, 450 Nepean Highway Chelsea VIC 3196
Phone 9782 7800
Fax 9773 4624

info@familylife.com.au
www.familylife.com.au

ABN 37 712 782 209



MATES

Men's Behaviour Change Group



**Are you the man/partner/dad you want to be?
MATES men's behaviour change group can help.**

An initiative of the Victorian State Government

ASK YOURSELF

In your relationships with your partner or with your children and others...

- Are you **acting like the boss**?
- Are you doing or saying things you later **feel bad** about?
- Do you try to **take control**?
- Is your partner or child **scared** of you?
- Is your relationship **suffering**?
- Do you feel **angry and frustrated** most of the time?

Paul joined MATES after he realised that he spent too much time being angry, yelling at his partner, and putting her down. Worst of all, he was frightening his four year old son.

Since joining MATES, Paul has noticed an improvement in his sense of self control and his behaviour. His partner has also noticed a change and his relationship with his son has improved.

YOU CAN CHANGE

'Meeting other men in similar situations made me realise that I wasn't the only one dealing with this stuff' – *Jamie*

'I still get angry... everyone does ... but I don't take it out on my wife anymore' – *Miguel*

'I haven't saved my relationship, but now my kids feel safe to see me and Katie trusts me with them' – *Peter*

'I don't worry so much, even if he's had a bad day' – *Louise*

'Our kids have started playing noisily again' – *Jodie*

'My dad used to yell at my mum' – *Michaela (aged 7)*

'I can bring my friends home from school now' – *Thanh (aged 12)*

NO TO VIOLENCE



Women and children have the right to live their lives freely and safely.

When men use power to hurt, punish, or control their partner, children or others, then that right is violated.

Using male power like this is called family violence and **men can get help to stop it**.

If you're thinking about making changes to **become a better partner or dad**, you don't have to go it alone!

Family Life's MATES Program is a group for men who have been abusive, violent and controlling towards the people in their life. Participants talk, share information, and challenge and support each other to be better men, partners, and fathers.

These groups can help you to make new choices, and to stop family violence.

MATES adheres to **NO to Violence**

Minimum standards and practice guidelines.