



Support4Change



Support4Change - information for Affected Family Members

Support4Change is a program mandated by the Court to an adult using family violence (respondent). The program provides a brief intervention that aims to help the respondent understand the impact of their behaviour on others and begin their journey towards positive behavior change. The program aims to motivate the respondent to create positive and meaningful change in their life.

The Support4Change program is a 4–6-week program. All respondents receive individual counselling sessions, with others also attending group sessions as part of the program.

What to Expect from Family Safety advocacy?

Family Life can also offer support to you, separately and confidentially, as the affected family member. During the respondent's attendance in the Support4Change program, our Family Safety Advocacy

team is available to speak with you and to discuss your safety, to answer any questions and link you with other supports that you may find useful.

- You choose whether you want to speak to us – it is voluntary and confidential
- You choose what information you want to share or talk through
- You can ask us to assist you with referrals to other services or provide information

What happens next?

You will be contacted by our Family Safety Advocacy team. We can discuss your safety needs, provide emotional support, and link you with referrals or information. We can also let you know when the respondent has finished the program. You can opt out at any time.

Haven't heard from us but need support?

If you don't receive a text message, it might be because we couldn't obtain your phone number. Contact us at **Family Life** on (03) 8599 5433 and ask to speak to a **Family Safety Advocate**.

For further information please contact:

 (03) 8599 5433 or www.familylife.com.au

