



Support4Change



Information for Respondents

Why you're here

You have been ordered by the Magistrates' Court of Victoria to participate in Family Life's Support4Change Program as part of your Counselling Order. This is a court-mandated requirement under the Family Violence Protection Act 2008.

What Is The Support4change Program?

The Support4Change Program is a program that works with people using family violence to address their behaviour. This program serves as an important first step in helping you reflect on your behaviour, understand its impact on others, and begin your journey toward lasting, positive change.

The Support4Change Program is for people who have been mandated by the Magistrates' Court of Victoria (MCV) to complete a Counselling Order.

Duration

The Support4Change Program will take approximately 7 weeks to complete. The program includes:

- Initial Assessment appointment
- Individual 1:1 session
- 4x weekly group sessions
- Final individual 1:1 session

In some instances, you may be referred to an individualised modality of the Support4Change program.

We will talk to you about this at the time of your initial assessment appointment.

You will have your first session with us within 10 business days of your Court Order.

Program Details

The Support4Change program focuses on four key areas designed to help you reflect on your behaviour and build practical skills for positive change:

- Understanding and Managing Emotions
- Taking Responsibility for Your Actions
- Building Empathy and Seeing Others' Perspectives
- Setting Goals and Making Lasting Changes

This program provides a safe space to help you take the first steps toward improving your relationships, becoming a better role model, and creating a positive future.

Getting Started

As part of the program, you will have an initial assessment with Family Life.

This date and time has already been arranged for you by the Court.

We will contact you via SMS and/or email closer to your assessment date with further details of your assessment.

Please be prepared to be available for up to two hours for the assessment, where we will explore the events that led to your Counselling Order, your personal history/background, and safety planning. During the assessment our team will determine whether group sessions, individual support is the best fit for you and provide you with additional details about the program.

Your Role In The Program

You are required to complete all sessions of this mandated program.

As part of this program you are required to:

- Actively participate in all sessions and reflect on your behaviour, and its impact on others.
- Identify and work toward meaningful personal goals to support lasting change.
- Attend all sessions and ensure you are not under the influence of alcohol or other drugs.
- Show respect to facilitators and other participants by refraining from abusive or threatening behaviour.
- Provide valid evidence for any missed session within 24 hours.
- If you miss a session without a reasonable excuse you will have ONE opportunity to join a make up session, If you don't attend the make up session the Court and Victoria Police will be notified and you may be charged with breaching your counselling order.

Support4Change can also provide support to Affected Family Members who may consent and receive additional support.



Next Steps

The Support4Change program is designed to be a stepping stone toward positive change. By participating in this mandated program you will gain insight into your behaviour, learn valuable skills, and work toward becoming a better partner, parent, and role model.

If you have any questions or need further information, contact us on (03) 8599 5433.



Family Life, and all the people who make up our organisation, respectfully acknowledge all Aboriginal people and their ancient and ongoing connections to culture and country.

In particular, we wish to acknowledge the Boonwurrung and Woiwurrung-Wurundjeri people of the larger Kulin nation, in whose ancestral lands Family Life provide services to the Melbourne community.

For further information please contact:

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

