

A photograph of three men in conversation. One man on the left is wearing a red shirt and looking down. Two other men on the right are looking at him, one in a white shirt and one in a green shirt.

# Men's Behaviour Change Program

*The Men's Behaviour Change Program (MBCP) is for men wanting to end their use of violence and other problematic behaviour in their relationships. The program is designed to help men to stop hurting the people they love most, and in the process become better partners, better fathers and develop an improved sense of self.*

## Getting started

Call our Boronia Centre to arrange a time for an assessment where you will have a one-on-one interview.

This will involve talking about what has been happening in your family and relationships, telling you more about the program and helping you identify the behaviours you want to change.

Program staff will also make contact with your family to offer support and any assistance they might want. We do this because people exposed to family violence need support.

**Cost**                \$280 per person (negotiable).  
Assessment fee \$30 (negotiable).

## Bookings and more information

Call (03) 9725 9964 or email [boronia@rav.org.au](mailto:boronia@rav.org.au) to book or to find out more.

### *The first steps to ending family violence are to:*

- acknowledge that it's happening in your relationship
- take responsibility for what's been happening, rather than blaming others or making excuses for your behaviour.

## Boronia

6:30 - 8:30pm. 14 weekly sessions on Wednesdays in 2018.

February 7, 14, 21, 28; March 7, 14, 21, 28; April 4, 11, 18; May 2, 9, 16.

EACH Boronia  
93 Boronia Road, Boronia  
Enter via Dorset Square (off Turner Road)

[www.rav.org.au/BoroniaMBCP](http://www.rav.org.au/BoroniaMBCP)

## Knox

6:30 - 8:30pm. 14 weekly sessions on Thursdays in 2018.

February 22; March 1, 8, 15, 22, 29; April 5, 12, 19, 26; May 3, 10, 17, 24.

headspace Knox  
2 Capital City Boulevard, Westfield Knox  
Ozone, Wantirna South

[www.rav.org.au/KnoxMBCP](http://www.rav.org.au/KnoxMBCP)

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