Are you...

feeling stressed and angry too much of the time?
hurting your loved ones emotionally or physically?
bottling things up and then behaving abusively?
feeling anxious, confused or losing self control?
concerned about your behaviour towards your partner or children?

You are invited to

develop more satisfying relationships
learn non-abusive behaviour
challenge old ways of thinking and acting
develop a caring respect for yourself and others
develop responsibility for your own actions.


Introducing LifeWorks

LifeWorks provides a range of relationship services and programs for individuals, couples and families including counselling sessions, couples therapy, parenting and pre-marriage programs, family dispute resolution and mediation. LifeWorks also provides Employee Assistance Programs (EAP), workplace consulting and training to organisations.

LifeWorks has branches throughout metropolitan Melbourne and regional Victoria. The Men’s Behaviour Change Program is offered at three branches: Frankston, Melbourne City and Wyndham.

For more information about all of LifeWorks’ services and programs, log on to www.lifeworks.com.au.

MBCP Locations

**Melbourne City**
Level 4, 255 Bourke Street,
Melbourne 3000
T 8650 6200

**Frankston**
345 Nepean Highway,
Frankston 3199
T 9783 7611

**Wyndham**
1 Johnson Avenue,
Hoppers Crossing 3029
T 9974 3200

How to Contact Us

For more details about this and other programs:
T 03 8650 6200 or 1300 543 396
W www.lifeworks.com.au
E lifeworks@lifeworks.com.au

Stay up-to-date with us on social media

LifeWorks is a not-for-profit organization approved by the Federal Attorney-General’s Department under the provisions of the Family Law Act 1975. LifeWorks acknowledges the support of the Australian and Victorian Government.
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The Program

The Men’s Behaviour Change Program (MBCP) is designed for men who are committed to changing their patterns of abusive behaviour. It is particularly relevant to men who behave violently at home.

The program is conducted over thirteen weeks by experienced, qualified group facilitators and provides intensive work to enable men to accept responsibility for their behaviour. The program will also teach men how to handle strong emotions and conflict with understanding, confidence and self-control.

Program Topics and Themes

Themes covered within the Men’s Behaviour Change Program include:
- understanding what constitutes violence and abuse
- the difference between anger and violence
- personal responses to anger
- accepting responsibility for behaviour
- strategies to support responsible behaviour
- power and control
- cycle of violence
- communication skills
- respectful relating
- effects of violence on women and children.

Program Cost

The cost of the 13 week program is dependant on your payment method (weekly or up front).

A fee is also applicable for the intake interview and is charged separately.

A 10% nonrefundable deposit is required to secure your place in the program. The program must be fully paid and attended for a Letter of Attendance to be issued.

For exact costs, please refer to the LifeWorks website www.lifeworks.com.au

Enrolment

Men who are considering enrolment are required to attend an initial interview to discuss suitability for the program.

Intake interviews are conducted by a qualified counsellor and allow LifeWorks to understand each persons situation and explain the program in more detail.

To book an intake interview appointment, or for more information about the groups, please email lifeworks@lifeworks.com.au or telephone your closest LifeWorks branch:

Melbourne City groups: 8650 6200
Frankston groups: 9783 7611
Wyndham groups: 9974 3200


Enrolment is subject to availability and the intake interview.

Concessions: LifeWorks offers concessions on program fees for eligible participants.

Letters of Attendance: LifeWorks provides letters of attendance to all participants who attend and pay for every session of the program.

Cancellation Policy: In the event of a program cancellation, participants will be transferred to the next scheduled date or issued with a refund. If a participant cancels their enrolment more than 7 days prior to the program start date, a transfer or refund (less 20% administration fee) will be organised. No refunds will be issued for cancellations made within 7 days of the program date.

LifeWorks Men’s Behaviour Change Program meets No To Violence (NTV) minimum standards set for Men’s Behaviour Change Program providers.

Safety and Support

Men’s Behaviour Change Programs provide the opportunity for men to acquire new skills that help change destructive behaviour and abusive reactions. Programs are conducted in a safe environment and model respectful relating.

LifeWorks staff maintain contact with family members and invite partners, and those affected by violent behaviour to attend an information session as well as counselling.

The safety and wellbeing of partners, ex-partners, children and family members is paramount in the provision of our services. Post program support is also available.

Participants’ Comments

“Knowing I wasn’t alone and not being treated like some kind of monster meant a lot to me.”

“My wife and children don’t mind me being around again and the kids aren’t scared of me now.”

“I didn’t get my wife back, but I do feel better about myself and I’m handling things better.”