

Make A Change

FREE



CENTRE CARE
"People Making Time for People"

Centrecare's Make a Change (MAC) men's behaviour change program is a six-month program designed to help men examine their use of abuse in intimate relationships and learn to replace violent behaviours with healthy alternatives.

The MAC program is intended for men who need individual support to ensure the safety of individuals, women, children, and the community, but have been assessed as unsuitable for a traditional Men's Behaviour Change Program.

Support is provided through one-on-one counselling, case management, and group work, with the group component lasting 12 weeks.

The aim of this group is for men to:

- **Learn Effective Strategies:** Gain tools and techniques to manage emotions and improve communication.
- **Build Respectful Relationships:** Develop skills to create and maintain respectful, non-violent relationships.
- **Personal Growth:** Enhance self-awareness and personal development through structured support.
- **Program Support:** Participate in a safe, non-judgmental space with professional facilitators.

Groups will run from our Midland, Perth and Joondalup branches.

REGISTRATION IS ESSENTIAL

For more information please tel. Midland on 9436 0600

www.centrecare.com.au



Centrecare is currently one of six different organisations and one government department in WA making up the membership of the Men's Behaviour Change Network.

