

## What happens in MEND?

The exercises and discussions in **MEND** help those in the group to identify the changes they want to make and how to go about making them.

Each **MEND** group runs for 3 hours and the full course runs for 32 weeks.

We will ask you to commit to one eight-week set of sessions at a time.

### WE DISCUSS

- The consequences of abusive and controlling behaviour.
- How to take responsibility for change
- Understanding and managing feelings

## What happens if you call?

You will be offered a one-to-one Intake interview with one of our **MEND** facilitators. In the Intake interview your situation will be discussed and we will start to map out the behaviours that are of concern for you.

We will discuss the **MEND** group with you, and answer any questions you might have. It often takes more than one Intake interview to talk through everything.

## Men & Family Centre

*Building safe respectful relationships*

**Lismore: 02 6622 6116**

1 Club Lane Lismore NSW 2480

**Tweed: 07 5536 8868**

Level 1, 46-48 Wharf St, Tweed Heads NSW 2485

## Men & Family Centre

*Building safe respectful relationships*



## What is the Men & Family Centre?

The Men & Family Centre has been running Men's Behaviour Change Programs since 1993. Men's Behaviour Change Programs are for men who want to stop hurting those who care close to them. The Men & Family Centre is one of only a handful of organisations accredited in NSW by the Department of Attorney-General and Justice to run Men's Behaviour Change Programs.

The Men and Family Centre is funded by Women NSW and by the NSW Department of Family and Community Services.

## Losing it? Losing them?

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**menandfamily.org.au**

## Have a look at these questions

- Is your partner afraid of you sometimes?
- Do you sometimes just “lose it”?
- Do you need to know where your partner is at all times and with who?
- Have you ever threatened, hit, held down or pushed your partner?
- Have you ever thrown things or hit walls during an argument with your partner?
- Do you raise your voice when you are trying to make a point?
- Do you feel angry or upset more than you would like?
- Do you find yourself answering these questions with “Yes, but ...” ?

If you find yourself answering ‘Yes’ to some of the questions above, even if you think there are good reasons for those ‘Yes’ answers, it might be a good idea to talk to us.

We can help you determine whether your behaviour is damaging your relationship and explore options for change.



**At first I was wary, then I realised that this was the best thing I had done in my life”**

MEND participant.



# MEND

Men Exploring New Directions

**MEND** is a group for men who suspect that they are hurting or frightening the people they love, and want to stop.

Abuse and violence are not just physical. They can also be *verbal, emotional, social psychological and sexual*. It takes courage to discuss these things. However, the rewards can be enormous.

Your relationships can be caring and respectful. Your time with your partner and children can be fulfilling and happy.

## What are MEND groups like?

**MEND** groups have up to 14 participants, with two facilitators, a man and a woman, who include themselves in the group discussion. The groups are confidential and have a friendly atmosphere.

The groups are free of judgement, are confidential and have a friendly atmosphere.

It can be a huge relief to discover that others are facing the same problems and have had similar experiences.

All you have to do is call:

**Lismore: 02 6622 6116 | Tweed: 07 5536 8868**

and tell us you are interested in **MEND**.

You can also email your request to:

[events@menandfamily.org.au](mailto:events@menandfamily.org.au)

WHY  
CHANGE  
?

Well... you could just ignore what is happening and hope it will go away, or you could choose to find out how to change the way you relate to your partner and children.

By stopping violent or controlling, unhelpful and abusive behaviour you can gain a better life for yourself and those you love.