



Our **Vision**

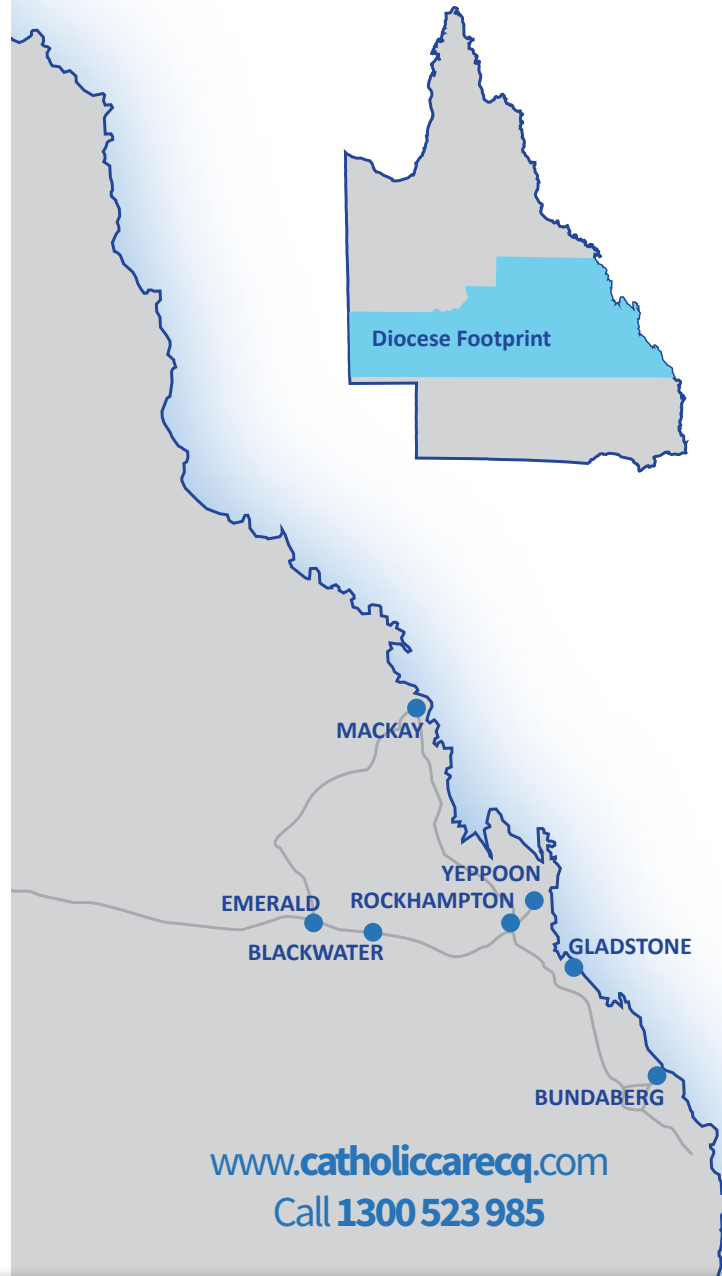
To be the first-choice provider of professional community services in the Catholic Diocese of Rockhampton.

Our **Mission**

To share in the healing ministry of Jesus, by providing professional community services to enhance the wellbeing of individuals and families.

Our **Support Areas**

With offices across Central Queensland, a member of the CatholicCare team is never far away.



CatholicCare
CENTRAL QUEENSLAND

Men's **Support**

Getting help for abusive behaviours





Men's Support is a **FREE** service

What is Family Violence?

Family violence is any abusive behaviour in a family or intimate relationship where one person attempts to gain and maintain control over another.

Family violence can take many forms including:

- Physical violence
- Sexual assault
- Emotional abuse
- Financial abuse
- Social abuse

Examples of Family Violence Include:

- Isolating a victim from their family and friends
- Controlling their access to money
- Diminishing their self-esteem
- Preventing them from practicing their religious beliefs
- Intimidating or threatening a victim

While it can be difficult to acknowledge how your behaviour affects others, **using violence or control in relationships is a choice**. If you are ready to take responsibility for your actions our service can help.

Our Services

Individual Counselling

Counselling can offer tools and strategies for coping with intense emotions and making non-violent choices. It focuses on supporting men to take responsibility for the thoughts and feelings that contribute to abusive behaviour.

Counselling can also be offered to men who have completed a behaviour change program and would like support maintaining their commitment to non-violent choices in their relationships.

Men's Behaviour Change Program

Supporting men who have used abusive and controlling behaviour towards their partners or family members to change their behaviour.

This program teaches participants to build healthy and respectful non-violent relationships

Intake and Assessment

All clients need to complete an intake and assessment. The process may require more than one session depending on your needs.

The safety of women and children is paramount, and participation in the program will require you provide consent and contact details for our organisation to contact your (ex) partner throughout the service.

Our Counsellors

- Are tertiary qualified
- Have experience working with men who perpetrate domestic and family violence
- Receive regular professional supervision

Confidentiality

While services provided to you are confidential, there are limitations. These include:

- Contacting your (ex) partner as part of your engagement with our service
- Informing a relevant organisation / entity of any risks of harm to yourself or others
- Informing a relevant organisation / entity of any child protection concerns or criminal activity

This CatholicCare service is funded by the Department of Communities, Child Safety & Disability Services.

Get Started Now

 **Online at:** www.catholiccarecq.com

 **Call:** 1300 523 985

 **Email:** admin@catholiccarecq.com

