

## Motivation for Change

Registrations for 2020 now open!

inLanguage, inCulture tailored program for men from migrant and refugee communities who use violence towards family members

Motivation for Change gives men a safe space to share their experiences and learn strategies to cope with anger and to strengthen their relationships.

### Help your client take a positive step forward

Is your client currently in a relationship where he feels:

- > angry and frustrated
- > his behaviour impacts his family but he is not sure why
- > he has hurt his partner and wants to learn ways to avoid using violence
- > his migration journey to Australia and settlement has affected his relationships with his partner and children
- > he wants to learn ways to restore and foster healthy long-term relationships.

### What we offer

- > A 15-week program with group sessions for men to reflect on their behaviour and learn ways to relate to people without using violence
- > One-on-one case management support and assistance to discuss their situation and find out how to access services to assist with settlement, social engagements and other issues to help them change their behaviour



### Program details

Group sessions are delivered on Saturday's. The one-on-one case management sessions are held at a time that suits each individual. There is no cost to participate in the program.

**Location:** Dandenong area  
(contact us for specific details)

### Afghan group

**When:** February to May 2020

**Who:** Men from Afghanistan  
Group sessions are conducted in Dari

### South Asian group

**When:** February to May 2020

**Who:** Men from South Asian backgrounds (India, Pakistan, Bangladesh, Sri Lanka, Nepal, Bhutan, Maldives).  
Group sessions are conducted in English

### African group

**When:** February to May 2020

**Who:** Men from horn of Africa and South Sudan  
Group sessions are conducted in English

### Young men

**When:** February to May 2020

**Who:** Men aged between 18 and 30 from migrant and refugee communities  
Group sessions are conducted in English

### Contact

For more information and to book a place in the program

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- > [mfc@intouch.org.au](mailto:mfc@intouch.org.au)