

## Do you want:

- your children to feel safe?
- to stop yourself from yelling at your family?
- to understand the effects of your behaviour on your partner, children and your relationship?
- to change your behaviour to be the kind of partner, dad and man that you prefer to be?



## ANGLICARESA

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# ANGLICARESA

## Dads Moving Towards Responsibility

Helping dads become respectful  
fathers and partners



**Together we change lives.**

## What is domestic violence?

Domestic violence is a pattern of behaviour or coercive control within your relationships, including with your partner and children, that seeks to control and/or hold power over another person.

This abuse can take many different forms including physical, sexual, emotional, financial, and psychological actions or threats of actions.

## How we can help you:

During this free 24 week group program, our experienced and skilled counsellors will work with you on ways to improve your relationship with your partner and children, to help keep them safe.

You will learn how to identify and take responsibility for abusive behaviour, and practical ways to choose behaviours that are safe for your partner and children.

You will also have access to one-on-one counselling support for your partner and children, and information about other helpful services.

The program starts with understanding abusive behaviour, and then helps you to change those behaviours by putting in place a plan of action to keep your family safe. During the program you will be guided through the following areas:

### 1. Becoming responsible for your abusive behaviour

- What needs to change for you to take responsibility for your behaviour?
- How do you misuse power and control, and what you can do to break the cycle?

### 2. Owning and naming your violence and abuse

- Putting yourself in your partners and children shoes to understand how your abuse and violence hurts and frightens them.

### 3. Stopping working yourself up and towards violence

- What dangerous thoughts, ideas and beliefs influence your abusive behaviour?

### 4. Make different choices

- What different preferred behaviours can you choose to respect your partner and children?

### 5. Your commitment

- To choose respectful ways of responding to your partner and children.

### 6. True Colours

- How you can become the man, the partner, the dad you want to be?

## How to register

To find out more or to register for Dads Moving Towards Responsibility please phone 8186 8900 or email [fif@anglicaresa.com.au](mailto:fif@anglicaresa.com.au)

