

About Relationships Australia Tasmania

Relationships Australia Tasmania is a leading provider of relationship support services. We aim to support all Tasmanians to achieve positive and respectful relationships.

We are a community-based, not-for-profit organisation with no religious affiliations. Our services are for all members of the community, regardless of religion, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances.

We are committed to enhancing the lives of communities, families and individuals and supporting positive and respectful relationships. We have a federated structure with member organisations in every state and territory.

With more than 65 years experience, Relationships Australia Tasmania has been helping Tasmanians to build positive relationships through the provision of confidential relationship support services by our professionally-trained and highly-skilled staff.

www.tas.relationships.org.au



Relationships Australia Tasmania is funded to deliver this service through the Tasmanian Government's Safe Homes, Safe Families: Tasmania's Family Violence Action Plan 2015-2020.

Relationships Australia[®]
TASMANIA

To find out more about the MENS program or express interest in doing the program please call **1300 364 277** or email Relationships Australia at admin@reltas.com.au

**Men
Engaging
New
Strategies**

A men's behaviour change program for low to medium risk family violence perpetrators.

If your need is urgent you can also contact the Men's Referral Service, which is a telephone counselling and referral telephone service, on **1300 766 491**

About the MENS program

The Men Engaging New Strategies (MENS) Program is designed for men who have hurt or abused their partners or ex-partners and are ready to take responsibility for their behavior.

The program assists men to make changes in the way they respond and react to situations and challenges. It helps men to learn new ways of acting and behaving that are respectful and non-violent. One of the key principles of this program is that men are fully responsible for their actions.

The main aim of the program is to ensure that women and children are safe from harm and abuse. This program is specifically for men who are perpetrators of low to medium risk family violence.

Men can refer themselves to the program, or can be referred by the court, police, other service providers or any other agency that identifies the perpetration of family violence.

Who delivers the program?

The program is delivered by a skilled team of practitioners who have tertiary qualifications and extensive experience in social work, psychology, counselling or community work. Everyone in the team has received specific training for facilitating this program.

What does the program involve?

All applicants for the program are screened for eligibility and suitability – this is to ensure that they fit with the program and are ready to take responsibility for personal change and growth.

Once accepted into the program, men will engage in a series of individual counselling sessions followed by a group program which runs for one night per week over ten weeks. Further individual counselling is offered during and following the group program, and a final session for the whole group is held at the conclusion of the program. The program will run for 20-24 weeks in total. Participants are expected to commit to the total program.

Former and/or current partners are contacted and provided with information regarding the program. They can also provide feedback on the progress of their partner/ex-partner. They will be encouraged and supported to access services for women who have experienced family violence.

This program is free of charge.

Booking into the program

To book into this program or request more information call 1300 364 277 or email us at admin@reltas.com.au. Bookings need to be by the applicant themselves, and cannot be made on behalf of someone else. Contact details will be taken in the first instance, and then a practitioner will phone the applicant back for a preliminary discussion.

The process of assessing eligibility and suitability will then take place. Should an applicant not be selected for the program, they will be referred to an alternative service or program.

Other related services

Relationships Australia Tasmania offers a range of services including relationship counselling, counselling after separation, supporting children after separation, Gamblers Help, community-based mental health services, mediation, and various support services.

Applicants or participants in the MENS Program may be referred to these services, as well as other appropriate services in other organisations as is relevant to their needs.

The main aim of the program is to ensure that women and children are safe from harm and abuse.