

Changing Gears

- ◆ CFCS believes that everyone has the right to feel safe and live without fear
- ◆ We bring a commitment of care and respect for all to our work in domestic and family violence
- ◆ We acknowledge the vulnerability of people, which results from the impact of structural inequality
- ◆ We aim to promote a better understanding of the need for respect and equity in relationships
- ◆ We aim to empower, support and educate families in making healthy choices
- ◆ We work in an atmosphere of inclusivity and collaboration with the wider community
- ◆ We aim to empower the voices of women and children who are silenced by domestic violence

Changing Gears

works collaboratively with

**SCOPE
Regional Domestic &
Family Violence Service**

Both are programs of

**Centacare CFCS,
North Coast Region
(Maroochydore branch)**

Office Hours

Monday to Friday:
9.00am—4.30pm

Address

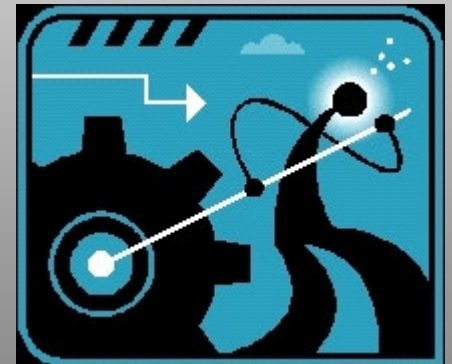
21 Cornmeal Pde, Maroochydore
PO Box 5350, Maroochydore BC QLD 4558

Ph: 07 5430 9300
Fax: 07 5430 9399



Changing Gears

**A Domestic & Family Violence
Prevention Program
For Men**



 **centacare**
CATHOLIC FAMILY AND COMMUNITY SERVICES

- **Changing Gears** is about stopping violence and abuse in family relationships
- **Changing Gears** focuses on non-violent relationships with Anger Management as one aspect of a healthy relationship
- It **IS NOT** okay to use violence and abuse within your relationship
- **Changing Gears** is about understanding why you use abusive behaviour
- **Changing Gears** is about learning and choosing to act differently, including how to express anger differently
- Cultural differences and alcohol abuse **DO NOT** justify abusive behaviour
- Your partner and your children have a right to be safe and free from violence and abuse

Topics Covered

- What is domestic violence?
- Power and control
- Attitudes, thoughts & feelings
- Actions & consequences
- The time-out alternative
- Understanding boundaries
- Understanding thoughts & emotions
- The impact of abusive behaviour on families
- Communication
- The cycle of abuse
- Family of origin
- Future intentions & direction
- Maintaining the change process
- Men's health & men's support
- Accountability

Changing Gears consists of:

- Attending one or more assessment interviews
- Attending 16 x 2 hour group sessions
- Attending two individual review appointments
- Where appropriate—contact with current or former partner of Group participants, by a female Centacare worker
- Referral to external or internal support services as required

A "Statement of Attendance" is available upon completion of the program.

Changing Gears Group sessions are held on Thursday evenings at:

Centacare CFCS—Bernard House

21 Cornmeal Parade,
Maroochydore QLD 4558
Ph: 07 5430 9300

Time: 6.00pm—8.00pm
Cost: \$25 per week
\$100 per 4 week block
To be paid in advance