

## Group Programs

We offer group programs that aim to help men stop their use of anger and violence and develop safe and respectful relationships.

Groups are generally made up of weekly sessions, usually lasting about two hours, and are held throughout the year. Groups include men of various ages and backgrounds, who recognise they need help to follow-through with their decision to stop their use of anger and violence and to explore other options.

Many men have said they find it helpful to meet and talk with others who are also working towards achieving similar goals.

## Counselling

We offer individual counselling for men.  
(After hours appointments are available.)

We also offer counselling for men in same-sex relationships who have concerns about their use of anger and violence.

## Making an Appointment

To make an appointment or speak with a counsellor please contact:

### UnitingCare Wesley Adelaide

**1st Floor, 10 Pitt Street, Adelaide SA 5000**

**Phone: (08) 8202 5190 Fax: (08) 8202 5807**

**Email: [sfvs@unitingcaresesleyadelaide.org.au](mailto:sfvs@unitingcaresesleyadelaide.org.au)**

**Service Hours 9.00am to 5.00pm Mon-Fri.**

**[www.ucwesleyadelaide.org.au](http://www.ucwesleyadelaide.org.au)**

Thursday evening appointments may be available.



This program is funded by Commonwealth Department of Family and Community Services and Indigenous Affairs and is operated by



***Are you worried about what happens when you get angry?***

***Is anger, abuse or violence messing up your relationships?***

***Do you hurt those you care most about?***

***Do you worry about how your behaviour affects your children?***

***Would you like to deal with thoughts and feelings that lead you to violence or aggression?***

***Is it time to take some practical steps to stop your violence and anger in relationships?***

## ***Getting Help***

Things won't improve by themselves, in fact violence and abuse makes things worse.

So it's important not to delay.

Getting help is a sign of strength.

We believe that it's important that there are options available to help men bring about positive changes in their lives – for themselves and for those around them.

That's why we offer specialist services for men who want to change the way they treat their partner / ex-partner and children.

We provide both individual counselling and group programs that are respectful and supportive in your attempts to make change.

## ***What can I expect from the Counsellor?***

- That he/she will provide you with a quality, confidential and respectful service.
- That he/she will work with you to make decisions that are best for you, your family, children and loved ones.
- That he/she will thoroughly explain the counselling process.

You can expect that your counsellor will discuss confidentiality and privacy guidelines, your rights and responsibilities in counselling, the types and purpose of data collected and our feedback and complaints procedures.

## ***Who are our Counsellors?***

All Family Services staff are professionals with a range of qualifications including Psychology, Social Work, Occupational Therapy and Social Science. All Family Services Counsellors are provided with ongoing professional supervision, support and training that updates them on all current therapeutic developments.

## ***How much will it cost?***

Family Services charges on a sliding scale, which is based on your gross yearly income. A copy of our fees schedule is available from reception.

## ***Confidentiality and The Family Law Act***

All Counsellors in the Family Relationships Counselling Team are required to respect confidentiality in accordance with the Family Law Act. Given our statutory obligation of confidentiality under the Family Law Act, we will take any necessary steps to ensure that confidentiality is maintained.

You can expect that your counsellor will discuss confidentiality and privacy guidelines, your rights and responsibilities in counselling, the types and purpose of data collected and our feedback and complaints procedures.