



Contact us

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AnglicareWA™

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Changing Tracks



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What is Changing Tracks?

A 24 week group program to learn how to address abusive behaviour and gain the skills to communicate in a healthy and effective manner. Participants can hear and share stories with others in similar situations and access support in a respectful and confidential environment.

The course teaches methods of emotional management and how to reprogram responses to conflict and stress. It holds men accountable for their abusive behaviours, helping them to recognise the harm they are causing and facilitate change.

Changing Tracks motivates change in men's lives and promote compassionate relationships free of abuse.

Who is Changing Tracks for?

Changing Tracks can assist clients whose:

- Behaviour is hurting their family and self
- Controlling behaviour and/or violence is getting out of hand
- Partner has asked them to seek help repeatedly
- Partner has applied for a Violence Restraining Order
- Children do not want to communicate with them anymore
- Actions towards their family that may be classified as:
 - Humiliation
 - Abuse
 - Pushing
 - Intimidation
 - Threatening
 - Hitting
 - Injury
 - Disrespectful
 - Causing fear



Immediate or Crisis Support:

If you are finding that things are very difficult at the moment and are worried about your behaviour, you can speak with a trained professional at any time through the **Men's Domestic Violence Helpline on 9223 1199**.

If you are experiencing a crisis and need assistance, you can call **Crisis Care on 9223 1111** and trained staff can assist with crisis accommodation and support.

Read more about the program:
anglicarewa.org.au/changingtracks

