



## Contact Us

### East Perth

23 Adelaide Terrace  
East Perth WA 6004  
T 1300 11 44 46

### Joondalup

68 Reid Promenade  
Joondalup WA 6027  
T 1300 11 44 46

### Gosnells

2232 Albany Highway  
Gosnells WA 6110  
T 1300 11 44 46



AnglicareWA

1300 11 44 46

[info@anglicarewa.org.au](mailto:info@anglicarewa.org.au)

[anglicarewa.org.au](http://anglicarewa.org.au)

[@anglicarewa](#)



#### SUPPORT AND SERVICES FOR WESTERN AUSTRALIANS

- Aboriginal Communities • Counselling & Separation
- Disability Services • Family & Domestic Violence
- Financial Wellbeing • Housing & Homelessness
- Mental Health • Parenting Support • Suicide Postvention
- Sexual Abuse Support Services • Youth Services

## MensTime



Group programs and counselling  
for men, funded by the Australian  
Government's Department of  
Social Services



## **MensTime is a program for men which provides the following services:**

- Relationship Counselling
- Support and referrals
- Relevant and practical groups for men

## **Why come to MensTime?**

If you are lucky you can talk things through with your mates, but even that is not always enough. Sometimes you need a little more structure and information.

## **Our approach**

Our groups are structured, but also relaxed and informal. We explore life issues and exchange experiences and possible options. We provide a variety of perspectives, and participants are invited to examine and weigh the usefulness of these in their lives.

## **Programs to suit your needs**

MensTime seminars and group programs cover a variety of topics and issues such as:

- Relationship skills
- Depression
- Separation
- Fathering
- Emotion regulation (self control)
- Domestic violence
- Dating
- Assertiveness skills
- Coping with stress



Groups are held at a variety of locations including our Perth-based centre and out in the community. MensTime also provides workplace seminars to organisations on issues affecting men such as balancing work and family, and conflict resolution.

## **About the facilitators**

MensTime counsellors/facilitators have tertiary qualifications in psychology, social work or counselling and group facilitation. All staff are supervised and undertake professional development training.

## **Confidentiality**

All counsellors/facilitators are bound by an Oath of Confidentiality in relation to counselling and group sessions. However, in the event that there is a threat to an individual's safety, confidentiality may be waived.

## **Is there a fee?**

MensTime is subsidised by the Commonwealth Government, so the fees are affordable.

## **Acknowledgement**

MensTime is an Australian Government initiative funded by the Department of Social Services.