

### Contact Us

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#### 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.

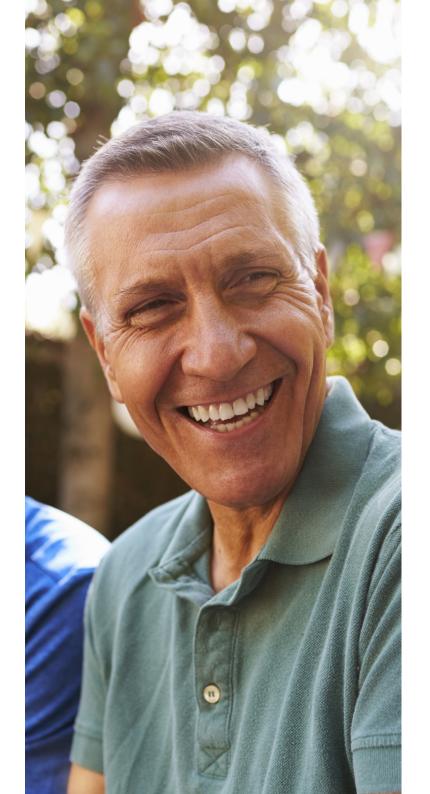
#### Our approach

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.