

# OTHER CONTACTS

## Mensline Australia

1300 789 978  
24hrs/7 days

## DVConnect Mensline

1800 600 636  
9am-Midnight, 7 days

**Life Line** - 13 1114

**Beyond Blue** - 1300 224 636

**Relationships Australia** - 1300 364 277

## Defence Community Organisation

(for Military Personnel) 1800 624 608

## Open Arms

(for veterans of conflict or peace keeping missions)  
4723 9155

**NQDVRS welcomes and encourages feedback on the quality of our services. If you wish to provide feedback, please request our brochure, 'Your Feedback is Important to Us,' or use the QR code below:**



# WHERE ARE WE?

## TOWNSVILLE

46 GORDEN STREET, GARBUTT, 4814

PH: 07 4721 2888

[mensbeaviourchange@nqdvrs.org.au](mailto:mensbeaviourchange@nqdvrs.org.au)

## MOUNT ISA

THE OLD COURTHOUSE BUILDING

ISA STREET

MOUNT ISA, 4825

PH: 07 4743 0946

[mbcMountIsa@nqdvrs.org.au](mailto:mbcMountIsa@nqdvrs.org.au)

[WWW.NQDVRS.ORG.AU](http://WWW.NQDVRS.ORG.AU)



NQDVRS acknowledges the Traditional Custodians of the lands on which we live and work, and recognises the continuing connection to lands, waters and communities. We pay our respects to Elders past, present and emerging.



NQDVRS is an inclusive service. People from all religions, cultures, LGBTQIA+, ages and disabilities are welcome



# MenTER

## Men's Behaviour Change Program

### In Person Group

Every Tuesday evening from  
6pm-8pm  
Every Wednesday afternoon from  
1pm-3pm

### Online Group

Every Thursday evening from  
6pm-8pm via Zoom

**Opening Hours: Monday to Friday  
8:30am - 4:30pm**

NQDVRS is an approved Men's Behaviour Change program provider across Mount Isa and Townsville.

# What is the MenTER Program?

Do you want to stop using violence?  
Are you hurting the most important people in your life?

MenTER (Men Towards Equal Relationships) is our behaviour change program for men who want to stop using violence and abuse in their relationships.

*Many people believe domestic and family violence is the result of an anger problem, stress, or substance abuse. Some people even blame the person who is assaulted. When someone uses violence, we ask, "What did they want to achieve?" Violence is not about losing control, but rather about trying to gain control over a person or a situation. It is always an intentional choice. The choice may happen in a split second, but it is still a choice.*

# Am I Eligible for the Program?

To be eligible to join the program, you must:

- Think you have a problem with violence towards a partner (current or past)
- Be under a Voluntary Intervention Order, or
- Be referred by community/government agencies, or
- Make a self-referral.

## Intake and Assessment

The first contact will involve providing your contact details and some information about your situation.

This is followed by intake and assessment, usually over two sessions, to understand your situation in detail.

Domestic and Family Violence is about relationships, so someone in the program (not your group facilitator) will contact those affected by your abusive behaviour. This means your partner, ex-partner, or affected family members will receive a call to offer them support and provide them with someone to talk to. This is a requirement of our Professional Practice Standard.

# What does the group look like?

MenTER operates in a group format of no more than 16 people for a total of 20 weeks. We offer this group both in person and online.

Throughout the program, participants will learn about the intent behind their use of violence. They will gain information to challenge and change the values, beliefs, and behaviours that underlie their use of violence and abuse.

The program covers nine themes:

- Non-violence
- Non-threatening behaviour
- Respect
- Trust and support
- Honesty and accountability
- Responsible parenting
- Shared responsibility
- Economic partnership
- Negotiation and fairness

We focus on how you can take responsibility for changing your behaviour and decision-making without using violence, and how you can use this knowledge to make positive changes for healthy and safe relationships.