

MensTime

Group programs and counselling for men

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.

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

Contact us

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