

WHAT IS MENSTIME?

MensTime is a program for men funded by the Department of Family and Community Services 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.

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.

OUR APPROACH

We provide groups which are structured, but at the same time relaxed and informal. In these groups 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.

CONFIDENTIALITY

All 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 very affordable.

CONTACT US**Joondalup**

Suite 5 First Floor
126 Grand Boulevard
Joondalup WA 6027

Ph: 08 9301 8550
Fax: 08 9301 0725

www.menstime.com.au

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