



U-Turn Behaviour Change Program

Do you feel like you are constantly losing your temper?

Are you raising your children in a way that's different from what you originally hoped for?

Is your behaviour affecting your family life in a negative way?

Are you ready for change?

Our **free** U-Turn program works with men to change their attitudes and behaviours around family violence, while also addressing alcohol and other drug use.

An intensive behaviour change program, U-Turn helps you take the steps you need to manage your feelings, take responsibility and improve your relationships.

“The BIG learning point is taking ownership of my own actions, but more importantly, considering others as equal.”

- U-Turn participant



“I had been selfish, self-centred and inconsiderate when affected by alcohol and drugs which has been robbing myself of love, care and respect for others.”

- U-Turn participant

Who does U-Turn work with?

U-Turn works with men who:

- Have used violence, including men on Family Violence Intervention Orders, with current or previous drug and alcohol misuse.
- Have little or no prior involvement with the criminal justice system.
- Want to change their behaviour.

U-Turn is not limited to intimate partner violence, and can be appropriate for men who have used violence in different family relationships.

U-Turn is a **free**, voluntary program.

“I am changing every day. This course made me realise how lucky I am to have a second chance, especially with my partner. And to do right this time.”

- U-Turn participant



How does U-Turn work?

U-Turn is a Men's Behaviour Change style program.

U-Turn is a free group program, delivered across 15 weeks.

Each session focusses on the impacts of male family violence on women, children and parents and addresses the harms associated with alcohol and other drug misuse.

The program also explores topics such as emotional regulation, emotional literacy, personal responsibility, empathy and trauma.

You will gain the skills and knowledge to understand yourself and your emotions, and to change your behaviours.

U-Turn has been found to be effective in an evaluation by Monash University.

“Since starting U-turn I have managed to keep my alcohol and drug use under control.”

- U-Turn participant



Where can I learn more?

If you're ready for change, call us on **03 9532 0811** or email uturn@windana.org.au to discuss

Alcohol and other drug counselling and referrals are also available 24/7 by calling DirectLine on **1800 888 236** or visiting directline.org.au



WINDANA

Life. Changing.

We celebrate and respect diversity in all its forms including Aboriginal and Torres Strait Islander identity, sex, gender, sexuality, age, culture, language, disability and lived experience.



U-Turn is supported by the Victorian Government.

