Men: Maintaining Change

Men: Maintaining Change is an ongoing support group for men who have completed a Men's Behaviour Change (MBC) Group, either at Relationships Australia or with another organisation.

The group enables men to meet together in a group setting and provides them with an opportunity to assist each other in maintaining the challenges of behaviour change.

The group is held in a safe, non-judgemental environment that fosters healthy and supportive relationships.

The group helps participants to:

- Review and practice the skills, tools and strategies learned in MBC groups
- Share personal experiences with like-minded people
- Reflect on their own personal journey.

NORTHERN SYDNEY REGION	
Date and Time:	Tuesdays 12th May, 9th June and 14th July 2020 from 6.00pm – 8.00pm
Location:	Relationships Australia, Level 1, 68 Waterloo Road, Macquarie Park, NSW, 2113
Cost:	$40, concessions available
To make a booking, or for more information please call:	1300 364 277