How much time will I need to invest?

The program is 14 weeks in length. The first week is for program orientation and software and IT familiarisation. It is followed by 13 weeks of two-hour online sessions. The whole program needs to be completed once commenced.

In addition, each week, there are self-paced tasks and some reading that will take approximately 30 to 60 minutes to complete. This information will be available 24/7 and needs to be completed before attending the real time event for the next week.

Program sessions are held in the evening at the same time and day each week.

For further information, please call
1300 ONTHELINE
(1300 668 435)
ombcp@ontheline.org.au

Feeling stressed and angry too much of the time?

Hurting your loved ones emotionally or physically?

The Online Men’s Behaviour Change Program

Violence Free Families developed and supports this program.
The Online Men’s Behaviour Change Program provides an opportunity to develop more satisfying relationships, learn non abusive behaviour, develop a caring respect for yourself and others and take responsibility for your own actions. It is a unique collaborative experience, interacting with other men in real time and sharing problems with each other and the facilitators, almost like being face-to-face but without visual contact.

Trained facilitators will guide you through a 13-week program of live, interactive group sessions in a safe, non judgmental and confidential online space. These sessions incorporate voice, text and video and aim to help you deal with strong emotions and conflict with understanding, confidence and self-control.

To participate in the program you will need internet access and a computer.

Men’s Behaviour Change Program - Guiding Principles

1. Safety of partners and children, the man and the community - Safety underpins the Men’s Behaviour Change Program.
2. Responsibility and partnership - You will be asked to be responsible for your own behaviour and not blame others.
3. Accountability - We will invite you to be accountable - for your own thoughts and behaviours and their consequences.
4. Respect - The group works on respect and how to behave in our lives.
5. Fairness - Fairness or justice means that everyone is free to be the best they can be without fear or intimidation.

What about my partner?
If you have a partner or former partner, On the Line will contact them and offer support while you undertake the online program. The safety of children and partners is a primary objective of the program.

For further information, please call 1300 ONTHELINE (1300 668 435)
ombcp@ontheline.org.au

How do I join?
To join you will need a PC or Notebook computer in a private location and access to the Internet (iPads and iPhones are not suitable).

Before you join you will have an interview to allow us to understand your personal situation and explain the program in more detail, including fees.

This interview will be conducted face-to-face or by Skype and is without commitment by you or us.