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# Behaviour Change Programmes

**The Wish Centre offers support for men who concerned about their behaviour or who have been abusive towards their partners or ex-partners.**

**The Gateway to Change** programme consisting of two 2-hour sessions offers an opportunity for reflection around the gender norms and roles which influence our lives and behaviour, and which can impact negatively on loved ones.



**The aim of the programme is to support men to learn strategies for dealing with challenging situations more safely.**

**If on completion of the programme men feel that they have been abusive and wish to access further support, there is the option to request an assessment of suitability for the extended behaviour change programme, Make the Change.**



**Make the Change** is a Respect accredited 15 session trauma informed programme for men who have been abusive towards an intimate partner. Each session is 2 hours in length and the programme offers an opportunity for a better understanding of the reasons for

**abusive behaviour. Men will be encouraged to take responsibility for their actions, to change their views of intimate relationships, and to learn alternative ways of behaving whilst making changes to improve the safety and quality of life for themselves and those close to them.**

**We can also offer ongoing support.....**

**Many men attending Make the Change have told us they would like to access ongoing, but less regular support. As a result a follow on group, [Be The Change](#) is offered 7-9pm the first Monday of each month.**



**The aim is to discourage relapse into previous behaviours by the use of range of activities including action planning and motivation, personal development and goal setting.**

**You can call us on [01254 260465](tel:01254260465)**

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**or send us a message via [www.thewishcentre.org](http://www.thewishcentre.org) if you have any questions or need further details.**

**No judgement, just the chance of a different future.**



**Respect**

