

## Contact Us

The Men in Change program is available to men who want to take a step toward healthier relationships. To apply to the program, or to make a referral, contact **604 254 9626**.

## Testimonials

*"Before I joined this program, I never talked about my personal problems with anyone, I was too proud and thought that I should be in control and solve them myself. Learning from the group leaders and other men who were in the group with me has changed my life. Thank-you."*

**- Former Participant**

*"Men in this program have demonstrated the struggle to overcome their use of power and control in relationships. As a facilitator I observed participants to be kind and respectful to me and to each other. Demonstrating respect is the key to respectful relationships."*

**- Group Facilitator**

## About MOSAIC

MOSAIC is a non-profit organization and registered charity serving immigrants and newcomers since 1976. Today, we offer comprehensive services for Canadian citizens, newcomers, refugees, immigrants, and temporary foreign workers at multiple locations throughout Metro Vancouver.

**In addition to this program, MOSAIC also offers the following:**

Children and Family Programs  
Employment Programs | English Language Centres  
Interpretation Services | Settlement Programs  
Specialized Programs | Translation Services

**For contact information, or to find out more about these services, please visit us at:  
[www.mosaicbc.org](http://www.mosaicbc.org) or call 604 254 9626**



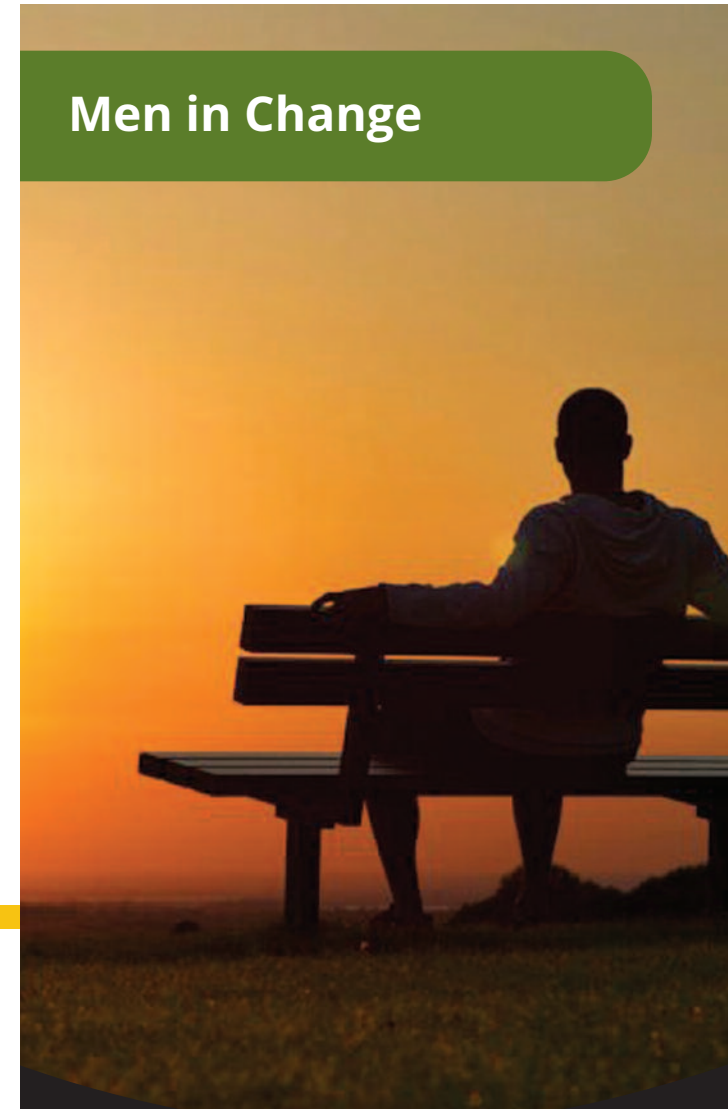
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# MOSAIC

## Men in Change



**Empowering newcomers to fully participate in Canadian society for over 40 years**



## Participation

Men are encouraged to share and reflect on their emotions, rather than act on them. Through group education and individual support, participants become aware of the non-adaptive tactics they use in their relationships.

This awareness helps them to take responsibility for their actions and puts an end to the mistreatment of their partners and/or families.

## About the program

The Men in Change Program provides counselling and psychoeducation to immigrant, refugee, and visible minority men who have used, or are at risk of using violence in intimate relationships. The program focuses on preventing the occurrence or recurrence of domestic violence through supporting men to take responsibility for their actions and work toward changing their behaviour.

## Program focus

The program focuses on helping participants to:

- Learn constructive ways to deal with conflict
- Identify personal triggers
- Develop stress management skills and strategies
- Move past aggression, and identify and express a fuller range of emotions
- Learn about the dynamics that contribute to domestic violence
- Learn to identify signs of risk in order to prevent violence



## Services

Services are provided in group settings and/or on a one-to-one basis. Group meetings generally take place in the evening and individual counselling in the daytime.

This program is provided free of charge.

“ Surround yourself with people who are only going to lift you higher. ”

*Anonymous*

**We are here to listen and help. You do not have to do this alone.**