

The No Excuses Programme

Shine's non-violence programme can help you to:

- identify and change beliefs that support abusive behaviour
- explore how your thinking may stop you from creating positive changes in your life
- understand how your partner and children have been affected by your abusive behaviour
- identify practical and positive ways you can resolve conflict
- support you to change so you can give and receive more respect, trust and honesty in your relationships

"Thank you for the help and now it's time for me to go and practice it and to be a good husband and a good dad to my kids." - Paul

What is domestic abuse?

It's not just about violence - hitting, kicking, pushing, slapping, choking/strangling. It's a whole range of behaviours that control another person, including:

Emotional: put-downs, name calling, making her think she's going crazy

Threats: to hurt her or your children, to damage her things

Isolation: keeping her away from family, friends, and support

Financial: controlling the money

Sexual: making her do things she doesn't want to do or that make her uncomfortable

shine*
making homes violence free

Helping New Zealanders since 1990, **Shine** is a leading provider of domestic abuse services for adult and child victims, and for men who have abused their partners and children.

We help women, children and men get out of the cycle of domestic violence and give them the chance of a better, happier, safer future.

For more information about Shine and domestic abuse, visit our website:



www.2shine.org.nz

Domestic Abuse Helpline:

0508 744 633

We're here to help you.
Call us, it's free and confidential to talk.
7 days a week, 9am to 11pm.

Provided by Presbyterian Support Northern.
Charity #21532

 www.facebook.com/shinenz
 enquiries@2shine.org.nz

shine*



NO Excuses

Helping men to have
safer and happier
relationships

Is your behaviour damaging your relationships?

Do your children sometimes look afraid when you're upset or angry?

"He gets a mean look on his face and doesn't look like my daddy." - 6 year old girl

Are you unhappy with what you do or say when you're upset with your partner or your children?

Do you want help to manage your behaviour with your partner and children? Or to manage your behaviour in your parenting relationship with your ex-partner?

"Yeah, she was afraid of me- so were the kids. I could see it when they looked at me. That was just about the worst feeling in the world." - Mark

Shine's No Excuses Non-Violence programme has helped a lot of men in your situation.

We can help you too.

"Yesterday I heard my daughter ask her mum why Dad wasn't angry all the time now. It was tough to hear her say that, but it also felt good to know she had seen a change." - Richard

NO Excuses

What is the No Excuses programme?

It's a positive change programme for men who have used abusive behaviour against their partner and children. The programme creates opportunities for men to change their behaviour and to develop skills that help develop respectful relationships.

What can I expect?

You will need to commit to attending one group session each week for 18 weeks. Groups are held on weekday evenings at Shine's offices in Kingsland. Each session is 2 ½ hours long.

Men join the groups throughout the programme. So when you join a group, some men may be relatively new while some may be finishing up the programme.

The groups are run by staff who have a lot of experience talking with men about domestic abuse. They work hard to provide an open, respectful environment in the groups.

How do I join the programme?

Give us a ring and we'll set up a time for you to come in during a weekday. One of our experienced staff will talk to you about what led you to seek help. They'll tell you more about the programme and what to expect when you start attending group sessions.

"My time here has helped me a lot with my attitude towards others and to respect myself." - Tau

Next steps

You might be unsure about what the programme will be like and nervous about what to expect.

The programme is free if you are referred by courts or probation. More and more men are attending the programme voluntarily, and these men give a koha to attend. We do not want to turn anyone away who wants to join the programme and get help.

Participating in the programme will require an investment of your time. Two and a half hours once a week for 18 weeks is a small price to pay for repairing and rebuilding your relationships with your partner, children and others close to you. This could be an investment that has a huge pay-off for the rest of your life.

It was a challenge to visit the thoughts that I experienced. But without doing that I would still be the same." - Abdul

Make the change today

No one can change you. Only you can do that. But if you come to this programme, you won't be alone. You'll have the support of a group to help you make the change.

When you're ready, give us a call on 09-815-4601. We'll talk you through what happens next.

What if I live in another area?

Ring Shine's Helpline 0508-744-633

7 days a week, 9am to 11pm

We can help you find a non-violence programme near you.