

Ready Baby is a 12 week group program for first time fathers who are looking for an opportunity to make change. This program provides information to fathers about family violence and the impacts on relationships, partner/ co-parent and children. The program aims to provide practical parenting information and tools for behaviour change.

Is this program a good fit for you?

- My partner is pregnant, or my child is under the age of five.
- I want to learn more about family violence and think I might be using family violence.
- I am wanting to change my behaviour that is hurting my family.
- I want to be a better dad.



CENTRE AGAINST VIOLENCE

Ready Baby Program



CENTRE AGAINST VIOLENCE

PO Box 438
Wangaratta VIC 3676
Email: admin@cav.org.au
www.centreatainstviolence.org.au



Version 8, October 2020

9.00 am – 5.00 pm
Monday to Friday
Phone: (03) 5722 2203
Mens Line: 1300 789 978

In an emergency please call
Police on 000

Who is the Centre Against Violence (CAV)?

CAV provides crisis, short term, medium term and long-term case-management.

CAV offers advocacy, information and support about family violence, sexual assault and harmful sexual behaviours.

CAV supports victim survivors of all genders and sexualities.

Our region covers the Ovens Murray District which includes Wodonga, Wangaratta, Benalla, Alpine, Corryong and Mansfield.

What is Family Violence?

Family Violence is the repeat use of violent, threatening, coercive or controlling behaviour by an individual against family member(s), or someone whom they have a, or have had an intimate relationship with. This can include carers.

Violent behaviour includes physical assaults, all sorts of power and control tactics, including direct or indirect threats, sexual assault, emotional and psychological torment, economic control, property damage, social isolation and behaviour which causes a person to live in fear. It also includes the perpetrator harming themselves or threatening suicide to frighten and intimidate the victim.

Victim survivors of family violence often report feeling dominated and controlled, feeling fearful of their safety and the safety of their children and others they love, including their pets.

Family violence affects all ages, genders, cultural backgrounds, elderly people and people living with a disability.

What is common family violence during pregnancy and post birth?

Common types of family violence in pregnancy and early childhood:

- Expecting your partner to perform all or most of the domestic duties
- Feeling jealous of the time your partner is focusing on the care for your child
- Unrealistic expectations of sexual intimacy post birth
- Restricting your partners time with family and friends
- Stopping your partner from attending post-natal services
- Monitoring financial expenditure or putting your partner on a budget related to items for themselves or your child.

Program steps

1. You can call us or ask your service to call us on 03 5722 2203 and ask to speak with a Ready Baby worker.

This work is supported by:

- Centre Against Violence
- Upper Murray Family Care
- Gateway Health
- VACCA

Contacts

For all enquiries about 'Ready Baby' Program or to consult about a possible referral please contact

Centre Against Violence:

Phone: (03) 5722 2203

CAV is committed to embracing and celebrating diversity and welcomes all people to our service with care and compassion.