make a change

Support for people concerned about their behaviour in relationships, as well as their partners, ex-partners, and any professionals helping them

Is it time to make a change?

Relationships can be challenging and can make us feel vulnerable. Our emotions towards partners or ex-partners might feel stronger than they do with other people – we can get frustrated, feel jealous and worry when things aren't working how we want them to.

You might find yourself behaving in ways which hurt, scare or attempt to control the people around you, and make you feel bad too. **It's never too late to make a change.**

Make a Change: What is it?

Make a Change provides support for people in Coventry who are concerned that they might be hurting, scaring or trying to control their partner, and who want help to change.

First, we'll have a chat to find out if Make a Change is a good fit for you. If it is, you will join our group programme (or you might also work with us one-to-one) to work on understanding your behaviour in relationships, and get support to make positive changes for you, your partner or ex-partner, and your children (if you have any).

Support for partners and ex-partners

If you are, or have been, in a relationship with someone who takes part in the Make a Change programme, we'll also make contact with you to offer you separate, confidential support. **It's up to you if you want to take up that support.**

It's there to help you look after your safety and wellbeing and consider what you need. We can also give you updates on what's being covered in the programme that your partner or ex-partner is taking part in.

Support for professionals

As well as direct support, Make a Change provides guidance and training for professionals. Our free **Recognise, Respond and Refer training** can support you to recognise and support people who are concerned about their behaviour in relationships. We also offer short briefing sessions about the service to local teams. Get in touch to find out more.

What people say about Make a Change

People who took part in the programme:

"Make a Change has made huge changes to me and my family's life. It's given me hope. I can go forward understanding my boundaries and actions and the effect that they have on the ones around me. The tools I have gained are invaluable."

"It teaches you so much about relationships and being a man".

"100% worth giving it a go, real eye opener. There's a lot more to it than you realise."

Partners and ex-partners of participants:

"It's making me feel a lot stronger."

"It has lifted a weight off our shoulders, both of us just having the opportunity to talk about it and not being judged."

"It's shown him there's other ways of being a strong man. Now he's more likely to listen to me and talk things through, instead of having an outburst."



I've never done anything like this before. What should I expect?

If you decide that you would like some support to understand and change your behaviour, the programme will cover topics such as:

- Equal and caring relationships
- Understanding the links between our thoughts, feelings and behaviour
- Understanding arguments with loved ones
- Intimacy
- Break-ups
- Emotional resilience and self-care
- Managing stress.

How much does it cost?

The Make a Change service is **free** for both you and your partner or ex-partner.

If you have children

If you're a parent, or care for a child in some way, we can also help you to understand the impact your behaviour can have on the children around you, to learn child-centred parenting techniques, and to co-parent in a way that is respectful and focused on what's best for the child(ren) in your life.

How do I start to make a change?

For most people, it's the first time they've ever talked about relationship difficulties. We know it's hard to reach out, but we're not here to judge you – we're here to help.

Get in touch with the Make a Change Coventry team by picking up the phone, sending an email, or visiting our website.

02476 225 863

mac@relationshipscw.org

www.makeachange.uk.net/coventry

make a change

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