

Testimonials:

“The program provided me a safer space to share my situation which I never had. I gained more understanding on my behaviour and became more self-aware”.

-Former Participant

“I enjoyed talking about my feelings with other people, it allowed me to be vulnerable and get mutual support from other group participants. Now I know that I am not alone”.

-Former Participant

“The program is designed in a way which creates a safer space for men to be vulnerable and understand the importance of a respectful relationship”.

-Group Facilitator



MOSAIC

Engaging Newcomers, Enriching Communities

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.



BRITISH COLUMBIA

Ministry of Children and Family Development

February 2024



Men in Change Program



MOSAIC

Engaging Newcomers, Enriching Communities

Reach out to us!



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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.



Participation:

Men are encouraged to share and reflect on their emotions within a safer space. 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 maltreatment of their partners and/or families.



Program focus:

The program focuses on helping participants to:

- Learn constructive ways to deal with conflict
- Develop stress coping strategies
- Understand and identify full 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-on-one basis. The meetings can be scheduled during regular business hours, evenings and weekends.

This program is provided **FREE of charge.**

“The man who moves a mountain begins by carrying away small stones.”

– Confucius