



Men & Masculinities is a programme for men, designed to deepen their understanding of themselves and their relationships.

Our programmes are built to support the process of change and work from the basis that part of making changes is to understand the past and the harm you do to yourself and the ones you love.

## Get in touch

You can self-refer or be referred by a support worker or other professional.

Take a look at our website to see where we deliver the programme.

Visit our website:

[www.cranstoun.org](http://www.cranstoun.org)

# The Men & Masculinities Programme



## Referral Information

*We can't change the past, but we hope this programme will help you feel empowered to make clearer, safer, and more conscious choices as you move forward with your life.*

**cranstoun** 

### What is the Men & Masculinities Programme?

The Men & Masculinities programme is for men who are aware that their relationships have become distressing and damaged by their behaviour.



The programme will create a safe and supportive space to help you explore what it means to be a man, a partner and a father. We will address the impact of conflict, anger and anxiety on your relationships and help you try to rebuild the trust you have lost.

The programme also offers a linked (ex-)partner support service upon referral.

### What does the programme cover?

The programme focuses on behaviour, how we act, how this reinforces how we think and feel, and most importantly, how to act differently. It is also designed to support any other treatment you may be involved with.

The programme is a rolling programme that lasts up to 24 weeks across three core modules:

- Coercion
- Control
- Consequences

We look at how pressure builds inside of you, how to have conflict safely and how your experiences of masculinity have shaped the lens through which you see your relationships.

We will also try to help you come to terms with the worst of your experiences, how to break the link between the past and the present, and how to stop repeating the traumas at the heart of your behaviour.

We will explore what it means to be a respectful and supportive parent, whatever your relationship with your child or children may be. We will also explore how to rebuild trust in your life.

We will look at any issues around intimacy, closeness, sex and sexuality, including how to love generously, or how to let go.

Coming into treatment can be the first positive step towards making life better for you and the people you love. Please get in touch with us if:

- you want to have stability
- you want to feel confident
- you want to put the past behind you
- you want to make yourself proud
- you know you can be a good dad
- you know you can be a good partner
- you want to 'step up to the plate'
- you want to be more self-reliant
- you want to keep your promises

