

We Can Together Stop Family Domestic & Sexual Violence

The We Can Together Program is a Men's Brief Intervention program that has been codesigned by Stopping Family Violence and the Geraldton Regional Aboriginal Medical Service that holds men accountable for violence against women and children.

This program is delivered in Carnarvon WA.

This program has been funded by the Government of Western Australia Department of Communities.

This collection of resources has been created using artwork and stories completed by the men throughout the program.



If you or someone you know is experiencing FDV or using FDV and require help please call

No To Violence 1300766491, 13YARN 139276, Lifeline 131114, Women's Domestic Violence Helpline 1800007339 (free call).

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We Can Together Men's Program

My Story My Journey

Hi, I'm 23 years old I was born in Perth. I lived in Carnarvon most of my life growing up. I moved to Karratha when I met my partner back in 2020 and moved back into Carnarvon in 2023. When my car broke down it stopped both my partner and I from traveling back and forth doing family visits. My partner and I have had many ups and downs in our relationship which has led me into being referred to the Men's Behaviour Change Program.

Joining this program has helped me communicate better not only to my partner but to all service providers that have been helping myself and my partner through this tough time to get our son back home by supporting us with home visits and further support for my family.

The Men's program has taught me respect and discipline, as I found things were getting much easier in life since I joined the program. I can now be open and be able to express my feelings to the facilitators of the program. My main priority now is to get my baby back into our care and to also get a job to look after my family and change for a better life without family and domestic violence.

My artwork shows my journey traveling up to Karratha to visit our baby boy in care and our journey back home again. The birds in the artwork are lost loved ones from in my family from across the region. One the way back home (one the right hand side) all the dots and design is my feelings and emotions in this journey to safely one day soon bring our little man home into our care



We Can Together Men's Program

My Story My Journey

Hi, I 'am a Wadjjarri man I was born in Carnarvon and raised in Perth. I grew up around Family domestic violence which was why I spent most of my time being raised by my grandmother. When my grandmother passed away, I did not find much stability in life and kept traveling between my mum and dad's country. Never really stayed in one place for more than a year. Around that time, I started smoking marijuana and getting into trouble for constantly not attending and skipping school. Smoking a lot of marijuana has brought me many issues in my life thinking I was alright and taken away some of the respect I had for my elders. I also had some conflict with my ex-partner and let my emotions get the best of me, so I decided to leave Carnarvon and travel to Kalgoorlie. On my way down to Kalgoorlie, I received a call from my Ex-partner telling me that she was pregnant. My ex-partner and I decided to have another go in our relationship so that we could both raise our son together. I found a job at PCYC in Kalgoorlie but my relationship with my ex-partner still didn't go well so we decided to leave Kalgoorlie and come back to Carnarvon. We now have three kids together and my relationship with her still hasn't improved, I've become more aggressive and violent towards her. I have now been referred into the Men's Behaviour Change Program where I get good support and learnt to make better choices and from the program, I have learnt that no form of violence is acceptable against women and children. I have been more active around the community and taking steps to gain more stability for myself and my kids.

Painting

My painting represents all the ups and downs I've been through, for always leaving town when life got too hard for me, I travel up and down between my Mum and Dad's country. I decided to go back to where it all started and try to better myself since I joined The Men's Program. The Moon represents the Men's Behaviour Change Program shining through my life when it got a bit dark, and the five stars represents the weeks that I've been in this Program. I 'am now trying to build up my resume doing some courses so that I would be work ready to get a good job to look after my kids and be a better father and a good role model for my siblings.



We Can Together Men's Program

My Story My Journey

I'm a Nyamal man and I was born in Port Hedland and I'm 33 years old. My first visit to Carnarvon was just to visit my grandmother. During that period and time, I also met and started seeing my first baby's mother. I've got three kids to three different women. I found communicating to my ex-partners was very hard and exhausting at times and dealing with my addiction to substances. Now being in The Men's behaviour change program it has taught me to make the right choices to live a better and happier life and to take responsibility and ownership of my past bad choices. Being a part of the Men's We Can Together program has guided me through a lot of ups and downs and has allowed me to be open and take steps that are required to be a better person. It has also taught me that no form of violence is ok especially against women and children

The BOOMERANGS on my paintings is just a reflection of my life going back to the same old problems and troubles in life. I can now picture my life as a **SPEAR**, being able to straighten out my path and burst through my problems and addictions in life to be able to look after my kids and to be a good role model.

During the program I was also supported to complete my white card and drone training so that I can be work ready. This has empowered me to keep moving forward on my next journey in life. We as men through our choices, can take responsibility and trust in ourselves to be a better father.

Thanks to the facilitators for their great support and guidance. Programs like this do work and I am so glad that I took this opportunity to make change.



We Can Together Men's Program

My Story My Journey

Hi everyone, I 'am a Noongar Yamatji, I was born in Perth and raised in Newman Jigalong, and I'm 32 years old. My journey throughout the program has helped me become a better partner and role model. The program has also further supported me to stay away from drugs and alcohol and taking responsibility for my actions of violence that I have used in the past.

I understand through my journey in the program that no form of violence is acceptable at any time.

Program: (Since being on the program)

Background- black represents a lost young man and grey is the knowledge and understanding gained over the years.

The dead leaves and the coloured dots in it are my past addiction to drugs and alcohol.

The circle with a fire at the middle represents the Men's group, sharing stories and being able to express ourselves in that circle. The brown seed is a fresh start to my life and the roots are there to absorb the positive information from the group to help me make changes and better choices to stay away from all my past addictions and putting a stop to being violent, so that I can become a better father and role model to my kids and my Partner.



We Can Together Men's Program

My Story My Journey

Hello, I 'am a proud Yamatji Banyjima man, I grew up and lived in both Carnarvon and Newman WA. I have eight children and six grandchildren. Being in this program has helped me to be open and honest about my journey and what has taken place in my life, which has led me to the position I'm in. My paintings and my story are about the struggles I've endured in the past two years and the experiences I've been in has also led me to a near death situation.

The love and support from families and friends has helped me breathe life into my branches giving me hope to be able to carry on and be there for my family.

The men's program has allowed me to think about my situation and showed me that I can't change everything, Change, respect and choices lay within myself.

Thanks to the facilitators



We Can Together Men's Program

My Story My Journey

Hello I'm a Thudjari man, I grew up in Carnarvon and grew up being raised by my nan along with my brothers and sisters. I went to Perth to boarding school, then I came back to Carnarvon and then met my baby Mumma. We had two kids during the time.

I lost my youngest brother close to 10 years now and have a great understanding as to what family means, During, this time my partner was always there for me. We had two more kids after that as I thought my life was getting easier, but it was getting harder as the kids were getting older. My life has always been like a river, whether the ride has been fast or slow it always brings new openings all the time but to just take one step at a time and understand the choices we make, and to always remember there's always help around if I'm feeling down.

Program: (Since being on the program)

I joined the program to become a better person, family man and father. I've found that having a teenage son is very hard to deal with. Being in this program I know and understand that violence is not always the way to go. Having plans and boundaries in place for my family, my partner, my kids and myself. I've always found that help was hard to find for us as men, but now I know that help is always there. As men we can change, The program has helped me to cross the river and become strong again within myself.



We Can Together Men's Program

My Story My Journey

I am Budimia man and was born here in Carnarvon. I have been with my partner for 11 years and we have a beautiful daughter aged 8.

My painting represents my progress within the Men's We Can Together Program

My journey starts with the footprints that I have taken, crossing the river, and gaining knowledge and support that has empowered myself to be the best partner and dad that I can be.

The Gogla (Bush Banna) represents my growth through out the program.

What I have learnt from the program I have taken that back to my family so that we can grow even stronger as a family with respected, care and understanding.

The camp site represents our healing journey as men away on our camp to Coral Bay. Were we being to further be able to connect to country, ourselves and share many stories and knowledge with each other about the program.

I would like to acknowledge the great support that I have been given during the 10-week program.

I would further offer my support to the future We Can Together programs to be run in Carnarvon.

Big thanks to Dave for his leadership and support.

Violence is not apart of our culture. Only We Can Together do something about stopping family domestic violence by the choices we make.



We Can Together Men's Program

My Story My Journey

I am a Wajarri man and live in Carnarvon.

I am a dad of 6 kids and a husband to my partner for 24 years.

My painting represents, My Journey throughout the Men's We Can Together program.

This is me sitting down in darkness and shame thinking about the things that I did to my family in the past. I lost my respect for myself, family, and culture.

Then through the great support and cultural appropriate training in the program it helped me to take new steps that has lifted me up and helped me regain my inner strength by stepping up as an aboriginal man, being a better dad and a respectful husband.

Over the 10 weeks I have learnt a lot about family domestic violence and have taken full responsibility for my actions prior to the program that lead me being sent to the program.

Attending the group has allowed me to stand here today empowered as a proud Aboriginal cultural family man to also help to further stop family domestic and sexual violence within my own family and the community.

The small bush that is growing beside me is the seed that was provided by David throughout the program that I have planted that represents a new start and my growth now and into the future. The sun rays represent a new day, a new start.

I would recommend this program to other men to attend.

I would like to thank Dave for all his support leadership and understanding.

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We Can Together Men's Program

My Story My Journey

I am a Wadjuk Noongar Man and I have lived in Carnarvon for the past 9 year. I am a father of 2 and have been with my partner for 5 years. At first, I did not want to come to the men's group but due to me using violence against my partner with the kids present I was ordered by the Justice Department to attend.

Throughout the program I realised that I had been just taking risks in life and that the choice that I had made were not the best of choices that have taken me into some dark places. The big black footprint is me prior to the men's program, just not thinking and walking in shadows of my behaviour.

Throughout the program it has taught me to take smaller steps in what I do and to way up my choice, think before I act and control my actions. Most of all understand them. The lines on my foot are the different sessions that I attended within the program, and I now identify them as to slow down think first as if the lines were big cracks in my feet that would hurt. Deal with things as they happen, learn by them before you can move forward clearly.

I regret the violence that I used towards my partner especially stopping her from doing somethings that I have no control over. For this I am sorry.

The orange, yellow yarning arch at the end of my footprint is what I have taken back to my family and shared all that I have learnt and promise to be a better farther and partner.

The We Can Together Men's program was boss and thanks to Dave for his great support. I recommend this program to other men in the community to be a part of before you to make the wrong choices in life. Our partners don't deserve to live in the shadows of Family and Domestic Violence.

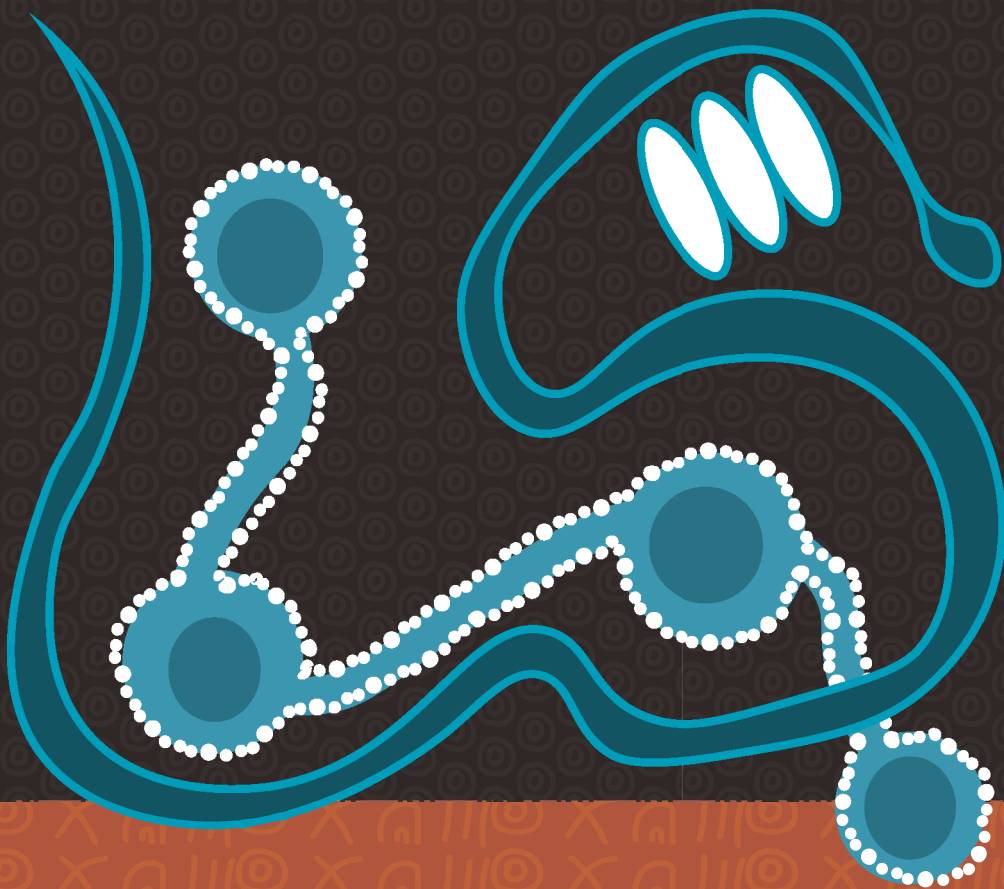
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We Can Together Stop Family Domestic Violence

**Be the best Role Model
for your children.**

**Children are impacted by family and
domestic violence regardless of how
old they are.**

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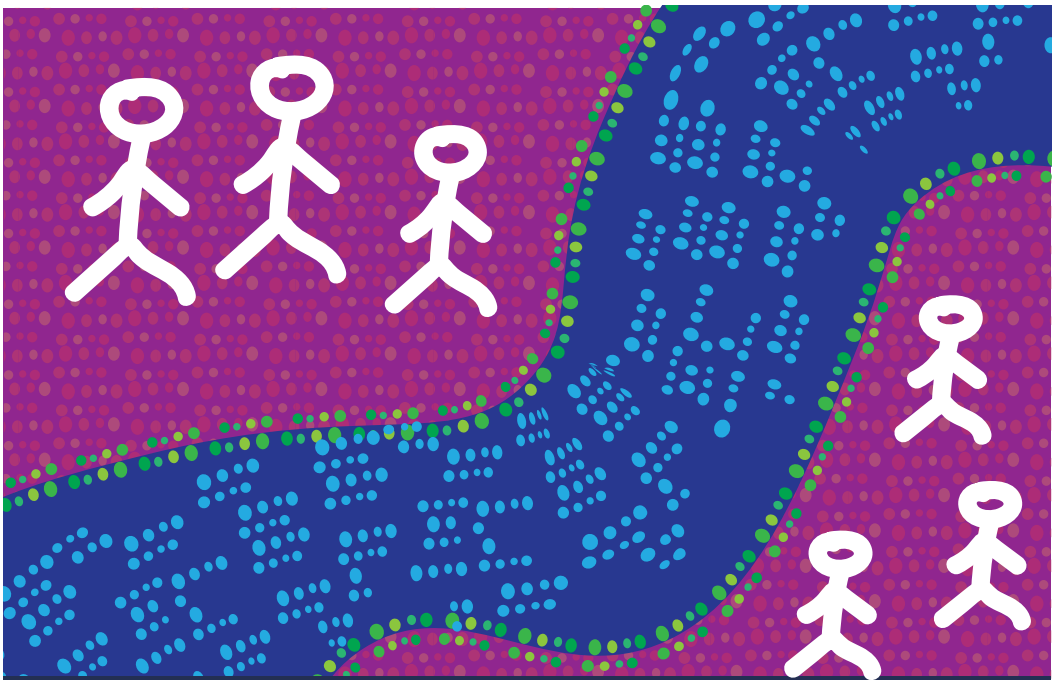
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