

## HOW DO I APPLY?

**Communicare Breathing Space accepts applications from people in custody who either apply to be released into the program whilst on parole or bail (including home detention), as well as people in the broader community.**

The application process takes approximately two (2) weeks. It begins with you making contact with us to express your interest and to complete an Initial Assessment via telephone, or face-to-face. If you are incarcerated your Transition Manager may be able to assist you by submitting a referral.

If your application is successful you will be provided with an acceptance letter that can be used to support your parole or bail application if you are currently incarcerated.



This program was made possible thanks to our Major Supporter, Lotterywest.

## PROGRAM CONTACT

A 4 Limpet Crescent, South Hedland WA 6722  
T 08 9439 5707 (Intake)  
08 6370 0080 (Hedland Office)  
E [cbsintake@communicare.org.au](mailto:cbsintake@communicare.org.au)

## HEAD OFFICE CONTACT

A 28 Cecil Avenue,  
Cannington WA 6107  
P PO Box 730, Cannington, WA 6987  
T 08 9251 5777  
E [info@communicare.org.au](mailto:info@communicare.org.au)  
W [communicare.org.au](http://communicare.org.au)

## ABOUT US

Communicare was established in 1977 and has developed into a dynamic not-for-profit organisation with an enduring reputation as a community organisation that genuinely cares.

Our aspiration is to create strong, safe and inclusive communities with the purpose of inspiring and empowering people to live a life of their choice.

Our philosophy is to provide hope and opportunity for people and, over the years we have distinguished ourselves as a provider and innovator of services as well as an advocate to enhance social and economic inclusion.

Our two pillars of core business – community inclusion and community safety – form the foundations of our diverse service portfolio of Children's , Family, Settlement, Education & Training, Employment and Family Violence & Justice Services.

 [@communicare.au](https://www.facebook.com/communicare.au)  [@communicare-au](https://www.linkedin.com/company/communicare-au)  [@communicare\\_au](https://www.instagram.com/communicare_au)

**CREATING  
FUTURES**

[communicare.org.au](http://communicare.org.au)

# CREATING COMMUNITY SAFETY



**Hedland  
Breathing Space**



 **COMMUNICARE**



## WHAT ARE MY RESPONSIBILITIES WHEN I PARTICIPATE IN THE PROGRAM?

Participants in the program are required to:

- Participate in all aspects of the program
- Abstain from using alcohol and any other drugs
- Remain committed to non-violence and engage respectfully with both staff and participants
- Contribute to the cost of lodgings

## WHAT IS COMMUNICARE BREATHING SPACE?

**Communicare Breathing Space is an approximate six (6) month residential program with sites in the Pilbara (South Hedland) and the Perth metropolitan suburbs of Maylands and Calista.**

It is an intensive men's behaviour change program specifically designed for men who choose to use violence and abuse in their relationships with partner(s) or family members. This is often referred to as Family Domestic Violence and Abuse (FDVA).

The program provides educational group work, informal counselling, individual case management and advocacy. Group work includes:

- Men Relating Safely
- Emotions & Feelings
- Parenting & Caring
- Therapeutic Lifestyle Workshops
- Property Maintenance (including daily chores)
- Recreational Activities

The program supports participants to make changes in a secure and supportive therapeutic setting.



## WHAT ARE THE OBJECTIVES OF THE PROGRAM

**Communicare Breathing Space is committed to establishing and maintaining the safety of women and children. This is achieved by providing:**

- A structured program that supports your learning and understanding to enable you to hold yourself accountable and take responsibility for your FDVA behaviours.
- Exposure to different approaches, communications styles and coping strategies as alternatives to using violence and abuse.
- An opportunity for you to explore the impact of your violence and abuse on your partner, ex-partner(s), family members and the broader community.
- A Women's Advocate to offer support and referral service for your partner, ex-partner(s) and family members who have been impacted by your FDVA behaviours.

## SUPPORTED TRANSITION ACCOMMODATION

**Communicare Breathing Space will support you in your transition from the program to the broader community.**

On site transition accommodation is available to you once you have successfully completed the intensive first stage of the program. You remain supported by the program while you have more flexibility to seek employment, attend to personal matters, complete employment-related training and/or secure future accommodation. If you are not attending to such matters you will be required to continue attending groups to be a positive role model for other participants.