



RISING STRONG

The Rising Strong program provides free, accessible support for young men and boys (12–18) who have experienced Family and Domestic Violence, helping them build respectful relationships and develop healthy coping strategies.

 **COMMUNICARE**
CREATING FUTURES



The Rising Strong program offers free, supportive and easily accessible individual support to young men and adolescent boys (aged 12–18) who have experienced Family and Domestic Violence (FDV) and want to take positive steps towards building respectful and safe relationships, as well as develop positive coping strategies and healthy ways to manage emotions.

The program is a safe non-judgemental space that provides therapeutic support, mentoring, and skill-building to empower participants with the tools they need to break cycles of harm.

Rising Strong helps young men and adolescent boys by:

- Exploring emotions, strengthening self-awareness, and developing respectful communication skills
- Supporting individuals to create safe and healthy connections with their families, partners and communities.
- Developing healthy ways to manage conflict and emotions
- Promote healing, positive mental health and wellbeing

This program is available to individuals living within the City of Joondalup.

This program is delivered in partnership with Centrecare and is Funded by the Australian Government, Department of Social Services.

HOW CAN RISING STRONG'S SERVICES BE ACCESSED?

For any further information or to make a referral please email: **risingstrong@communicare.org.au** or call: **08 9251 5777**.

FOR MORE INFORMATION:

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