



**Men's Information
and Support Centre Inc. (MISC)**

Helping Men Help Themselves

MISSION STATEMENT

MISC provides information, help and support for:

- Men that are in crisis
- Men that want help from other men

MISC provides:

- A phone helpline for men and others
- A place where men can meet to confront personal issues
- Self-development courses
- Personal counselling
- Encouragement for men to make a change within themselves and society

MISC will:

- Network and work with other men's groups and with other organizations for the betterment of men's health and well being
- Promote support groups and social activities for men within its aims

MISC is:

- Non-judgemental of gender, sexuality and ethnicity
- Active in seeking to stop discrimination against men and others in the community



SERVICES PROVIDED

- Anger Management Courses (Next one starting on the Wednesday 11 August 6-8pm. 8 Week duration. Employed \$160, Unemployed \$80.)
- Counselling for all issues affecting men's health and well being (Employed \$60 per session, Unemployed \$30 per session)
- Referral Service for legal, health, veterans, community, and other social services (such as accommodation, family court matters, relationship problems and gambling)
- The MISC Journal

BRIEF HISTORY

In 1982, the Men's Information and Support Centre was established by a group of men with similar issues that affected their personal lives. Over the years we have developed into an organization that provides counselling and support, as well as information and referral services, for all men in the community.

We provide positive support to men to enable them to meet life changes that may be impacting on their quality of life and self-esteem.

MISC is a non-profit organization run by volunteers, and supported by State government funding through the Department of Human Services.

The services we provide are dependent on the available funding and, in order to increase the services we can provide, MISC actively seeks funding from a range of different sources.

Since its inception MISC has successfully provided group courses in anger management and counselling for individuals. We have also provided referrals to service providers for men in need of help with issues such as accommodation, family court and other legal matters, relationship problems, gambling and so on.

We are currently working on expanding the services we provide to include "The MISC Journal", and courses to deal with problem gambling.

Please call us or drop by if we can help you.

MEN'S INFORMATION AND SUPPORT CENTRE

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