



men's information & support association



Who is MISA?

MISA is a not-for-profit counselling service supporting men and their families through things like relationship breakdowns, grief and loss, anger management, domestic violence and trauma (single incident, or complex,

MISA is one of only a few services focused on men in Australia. We provide support from a framework of both compassion and accountability, and we have been providing specialised counselling and emotion regulation support to men for more than 20 years.

How can i help?

As a not-for-profit we try to keep our costs down for our clients. We do get some government funding, but we also need a little help!

Your one off (or regular) TAX DEDUCTIBLE donations will contribute to delivering low-cost targeted counselling, training, healing and wellbeing services for men who need it. Primarily helping us run our 12 week emotion regulation course - Transformation 24/7.

It costs us \$125 to provide one counselling session.

Did you know 4 counselling sessions (\$500) are enough to create real change?

Are you a corporate donor?

Give us a call to talk about ways we can work together to support change, for example,

- have your logo added to our website as a donor
- use the MISA logo to recognise your corporate social responsibility credentials
- sponsor one of our transformation 24/7 workshops to have your logo on our 12 week course materials

How do i donate?

Visit our website www.misa.org.au/donate

give us a call (07) 3889 7312

or drop us an email info@misa.org.au

Get in touch with us:
MISA, Unit 4B, 481 Gympie Road,
Strathpine, Queensland 4500

p: (07) 3889 7312
e: info@misa.org.au
w: www.misa.org.au

ABN: 36 295 742 511

MISA - MEN'S INFORMATION AND SUPPORT ASSOCIATION INC is endorsed as a Deductible Gift Recipient (DGR) covered by Item 1 of the table in section 30-15 of the Income Tax Assessment Act 1997.

What our clients say

"I wish I did this when I was younger, life would have been so different"

"The Transformation 24/7 workshop is so helpful, it's helped me understand my emotions and approach situations calmly instead of lashing out"