

MOVING FORWARD 2 CHANGE (MF2C) IN MORAY

The MF2C programme is a group programme that helps people understand and change behaviours linked to sexual offending, build healthier relationships, and make safer choices.

THE PROGRAMME

- It helps you understand the thoughts and behaviours linked to sexual offending.
- You will learn skills to manage emotions, relationships, and decision-making.
- The programme is structured and usually runs over a set number of sessions.
- You will take part in group discussions and activities.
- You are expected to attend regularly and actively take part.
- It provides a safe and respectful space to learn and reflect.
- Completing the programme can help you make changes and develop a plan to keep you safe in future.

WHO CAN TAKE PART

- Suitable for those willing to engage and take part in a group
- Usually offered as part of a court order or supervision
- You may be referred by justice social work or the court
- It depends on your individual circumstances and needs

HOW MF2C HELPS

- Programmes like MF2C are based on proven approaches that help change thinking and behaviour linked to offending - [GOV.UK](https://www.gov.uk)
- Evidence shows people who complete similar programmes are less likely to reoffend and take longer to reoffend - [GOV.UK](https://www.gov.uk)



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