

What you need to know about RELATIONSHIP VIOLENCE

RELATIONSHIP VIOLENCE can affect anyone regardless of: gender, culture, race, economic status, age or religion.

There are no boundaries!

ABUSE is any behaviour that threatens and/or causes harm to another person. Abusive behaviour can be mental, emotional, physical, sexual, spiritual, social, and financial.

ABUSIVE BEHAVIOUR is learned. A person can learn not to be abusive in their relationships by changing their thinking and beliefs, taking responsibility for their actions and learning new skills.

100%

of children who witness family violence are negatively impacted by it.

They see, they hear, they feel.

“Your life does not get better by chance, it gets better by change” - Jim Rohn

THE LLOYDMINSTER INTERVAL HOME SOCIETY

SAFETY • SUPPORT • EDUCATION

EMERGENCY SHELTER

- 24-hr safe shelter for women and children affected by violence and homelessness
- Practical and emotional support
- **24-HR CRISIS LINE: 780-875-0966**

DOL-MAR MANOR: SECOND STAGE PROGRAM

- Longer term housing providing support, programming and security
- Practical and emotional support

COMMUNITY PROGRAMS

- Family Violence Outreach Services
- Public Education
- Group Programming for women, men, children and youth

‘FOR THE INTERVAL’ STORE

- Shop-Donate-Volunteer

LLOYDMINSTER COMMUNITY YOUTH CENTRE

- Recreational and leadership opportunities
- Hot meal program
- Practical and emotional support

Funders

Alberta Human Services Family Violence Prevention and Homeless Supports Division • Saskatchewan Ministry of Justice • City of Lloydminster FCSS • Town of Vermillion FCSS • County of Vermillion FCSS • Camrose Alberta Health Services • Canada Summer Jobs • Autumn Leaves Golf Tournament • Rudolph's Roundup • Community Businesses & Organizations • Private Donors



Interval Home
LLOYDMINSTER



“STRENGTH TO CHANGE”
men's program

About the “STRENGTH TO CHANGE” Men’s Program

This 16-week program supports men who have used abusive behaviour in their relationships.

Participants are encouraged to challenge and take responsibility for their established beliefs, attitudes and behaviours that lead to unhealthy relationships. As well, men receive information and learn positive relationship skills that strengthen them to live a violence-free lifestyle based on safety, respect and equality in relationships.

- * Information
- * Group Discussion
- * Learning Activities
- * Personal Reflection & Understanding
- * Supportive & Respectful Environment

Making changes for healthier relationships

PROGRAM GOALS

1. To **promote safety, respect and equality** for all people in their relationships.
2. To **support men** who use abusive behaviours in relationships to **change their thinking and behaviour** to an abuse-free approach.
3. To **create understanding about relationship violence**, abusive behaviours and beliefs and the impact these have on a person’s partner, children, family and self.
4. To **promote healthy relationship skills** that support an abuse-free lifestyle.

MORE INFORMATION

Group sessions are:

- 16 weekly sessions
- Available in the fall or winter/spring
- Weekday evening, 7-9pm

To be placed on the interest list, call 780-875-0966.

A Program Facilitator will contact you 1-2 weeks before the information session to confirm your interest.

SESSION TOPICS:

- Understand Relationship Violence
- Taking Personal Responsibility
- Healthy Relationships
- Anger and Stress
- Family of Origin
- Feelings/Expressing Emotions
- Communication
- Conflict Resolution / Problem Solving
- Personal Values
- Changing Thinking and Beliefs
- Changing Behaviour / Setting Goals

TIME COMMITMENT:

Information Night: 2 hours

Intake Interview: 1 hour

Group Sessions: 16 weekly sessions,
2 hours each

All those interested must attend the information night and intake interview to participate in group sessions.