

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!

FAMILY VIOLENCE

is the abuse of power within family relationships that harms the security, wellbeing, or survival of another person.

ABUSE

is any behaviour from one person to another that threatens or harms a person physically, emotionally, mentally, spiritually, sexually, financially, or socially.

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

Learn more here:



Safety
Support
Education

STRENGTH
TO CHANGE
men's program

FOR PROGRAM INFORMATION PLEASE CONTACT US

CALL	780.808.5282
EMAIL	mensprogram@sparklloydminster.ca
WEB	sparklloydminster.ca
MAIL	Box 1523, Lloydminster, SK S9V 1K5

CRISIS & SUPPORT LINE 24 HOURS A DAY, 7 DAYS A WEEK

CALL | 780.875.0966
TEXT | 780.808.1777

 **SPARK**
FOUNDATION OF LLOYDMINSTER



ABOUT THE PROGRAM

THE STRENGTH TO CHANGE 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.

PROGRAM MATERIAL

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

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 INFORMATION

16 sessions in total
Weekday evenings
Available in Fall/Winter
Available in Spring

SESSION TOPICS

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

TIME COMMITMENT

Information Night: 2 hours
Intake Interview: 1 hour
Group Sessions: 16 weekly sessions, 2 hours each



SIGN UP HERE

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