

BUILDING RESPECTFUL RELATIONSHIPS

- ☐ Are you concerned about your behaviour with others and want to make changes to improve your relationships?
- ☐ Have you ever been told that you have an anger problem?
- ☐ Have you ever heard from your partner or children that they can't talk to you about how they really feel?
- ☐ Have you ever noticed your loved ones looking afraid when you get upset?
- ☐ Has hurtful behaviour left your relationship "on the rocks"?
- ☐ Has there ever been violence in your relationships?

If so, the **Domestic Peace Program** at NSDP may be right for you...

Professional therapists provide confidential individual, and sometimes group, counselling services to men **at no charge**.

THE DOMESTIC PEACE PROGRAM

At the Domestic Peace Program, we believe that you have the ability to choose to stop and change the ways you may be hurting your partner. We also believe that you have, within yourself, the ability to consistently act respectfully toward your loved ones. You probably have spent time trying to understand your actions and may have wondered whether things such as past abuse, alcohol & drug use, anger problems or just not being very good at relationships play a role in how you treat your partner at times. The good and hopeful news is that no matter what you have been through in the past or what you are doing in the present, you really can choose to treat your partner with more respect and love in the future. The counsellors at the Domestic Peace Program can support you in making these better choices.

Counselling Services For Men Who Want To Change Harmful Behaviour

Individual, and sometimes group, counselling is provided to men who have harmed or are at risk of harming their partners and/or children. Some men request services for themselves because they are uncomfortable with their own behaviour, while others come at the request of their partner, family or friends. Some men have criminal charges against them and may be mandated to attend a counselling program. No matter why a man chooses to attend the Domestic Peace Program, he is treated with dignity and respect by our counsellors, who will work with him to address his concerns and assist him in consistently making better choices.

Knowing that you have hurt someone you love is not easy to think about or talk about; it takes a lot of courage to face up to having treated loved ones badly. However, your actions do not have to define you. Most men who have hurt their partners in one way or another will also treat them respectfully and appropriately at other times. Many men regret their harmful actions and express this directly or indirectly.

All referrals to the program are carefully assessed for safety and appropriateness and acceptance is at the discretion of the program coordinator. Participants must give permission for their counsellor to contact their current and/or former partner(s). No assessments for court or otherwise will be provided by the Domestic Peace Program although letters confirming attendance and active participation may be considered following attendance of a minimum of 12 sessions.

More Counselling Services

Individual counselling is available to men around such issues as depression, anxiety, childhood abuse, trauma, grief & loss, separation & divorce and parenting, as well as many others. At times, couple and/or family therapy may be available, on a case-by-case basis, following individual work with a man. Like all services offered by the Domestic Peace Program, this counselling is confidential, free of charge and provided by professional, graduate-level therapists.

HOW WE CAN HELP

DO YOU...

- ☐ Feel out of control sometimes?
- ☐ Feel overwhelmed and uncertain about your ability to parent your children?
- ☐ Find it difficult to express your feelings and communicate with your loved ones?
- ☐ Have concerns or issues from the past or present that are getting in the way of your quality of life and relationships?
- ☐ Want to build a closer and more loving relationship with your partner and/or children?

If you answered **YES** to one or more of the above questions, you could benefit from our services...

The **Domestic Peace Program** at the Northern Society for Domestic Peace (NSDP) provides information, support and counselling to men who want to improve their intimate and family relationships, stop and change concerning behaviour and/or get help with issues such as past abuse, depression, anxiety and separation & divorce.

ABOUT US

WHAT IS NSDP

Providing services since 1993, the Northern Society for Domestic Peace (NSDP) is a non-profit government funded organization dedicated to helping individuals and families strengthen their relationships and quality of life. Through our programs and services, we aim to foster and promote safety and respect, healthy lifestyle choices, and self determination

OUR SERVICES

NSDP provides a safe and supportive environment for assisting adults, seniors, children, and youth in developing strong and healthy intimate relationships.

NSDP provides support to the Northern Community in the following ways:

- One-to-one counselling, workshops, and support groups for victims of abuse, violence and sexual assault
- 24-hour shelter and Second Stage housing for women and their children in crisis
- Public awareness and community development initiatives that focus on violence prevention, families at risk, organizational wellness, and child-centred counselling
- Educational programs and training (workshops and seminars) for professionals and organizations
- Resources and referrals

NORTHERN SOCIETY FOR
DOMESTIC PEACE



DOMESTIC PEACE PROGRAM
Counselling And Support

For Men

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