

The Program

Changing Ways frames the problem of male aggression within an anti-sexist, power and control perspective.

Changing Ways understands men's aggressive behaviour as tolerated within a culture in which men have disproportionate access to the power and resources of society.

Changing Ways dismisses explanations of aggression as a disease or genetic predisposition or as a result of some provocative factor such as alcohol or drugs.

A commitment of those who participate in the program is to acknowledge and take responsibility for their aggression by learning and practicing appropriate non-sexist, non-violent behaviours.

Testimonials:

"This program has taught me to respond in more appropriate ways."
Michael

"I have learned to be more calm and confident – it has been character-building!" Ken

"Being in this group has shown me what an ass I was. I care about what other people think of me. I had another man inside me and I didn't even know. Changing Ways has given me the freedom to stand up and be proud." Shawn

"It was a great program that really has had a positive impact on me and my family." John

For more information and to register:

458.8211, toll-free 1-888.829.6777

info@familyenrichment.ca



Changing Ways

A Program for Men



**Has anyone ever told you that you are
controlling?**

**Have you noticed that you have a
bad temper?**

**Has anyone ever mentioned that you are
aggressive?**

**If you can answer yes to any of these,
this program is for you!**

The program is exclusively for men!!

Changing Ways: Challenging Men Toward Safety and Equality In Their Primary Relationships

Program Structure

Participants: Changing Ways is a voluntary program for men 18 years of age and older.

Intake Interview: During the interview, a potential participant talks about his history and is assessed for his suitability to the program.

A man is considered suitable if he *admits* to expressing anger in inappropriate ways that hurt, frighten, or threaten his partner and/or other people close to him and if he *shows motivation to change*. Men are also considered whose anger problem has been identified at the workplace.

During the interview, the limits of confidentiality are explained to the man, the expectations in the group are discussed, and the consequences of continuing to frighten others are outlined.

Partner Contact: The men who are considered suitable after the Intake Interview, must provide contact information for their current or former partner.

The partner is then contacted and invited to participate in a Women's Group. The woman is never obliged to participate.

The Women's Group offers women a chance to talk about their experience, to receive support, learn about the nature and limitations of the men's program, and to learn about resources in the community.

Program Outline

The program is presented in 10 sessions each lasting 2 hours.

Check-in: Each man reports any inappropriate expression of anger they may have used during the previous week.

Presentations: A specific topic is covered in each session. These include:

- ❑ Safety – concrete steps that men can take to immediately reduce the risk that they pose to their partners.
- ❑ Responsibility – men are encouraged to take responsibility by admitting to their inappropriate expression of anger, stopping their excuses, and by making non-aggressive choices.
- ❑ Power & Control – the men are shown how they use anger to control their partners and how men have physical and social power advantages that create fear for their partners.
- ❑ Sexism – men are shown how sexist thinking operates in their treatment of women. Men are challenged to abandon sexist beliefs and treat their partners as equals.
- ❑ Empathy – this session gives men a chance to consider the experience of women.

- ❑ Self-talk – men are taught to take responsibility for their thoughts, feelings, and actions instead of blaming others.
- ❑ Communication – men are taught to talk without attacking and to listen without defensiveness.
- ❑ Parenting – men are taught to recognize how their anger affects their children and how to nurture instead.
- ❑ The Next Step – This session prepares men for leaving the program by reviewing what they have learned, set goals, and fasten their commitment to healthy relationships.

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