

Be the best version of ourselves

Groups for Men and Women

Group programmes are a preferred method of working with changing behaviour.

They help stop the feeling of you being the only one with these types of problems right from the start.

We need to talk about our behaviour the more we do that the more the shame is lifted and the freer we become.

We run separate groups for men and women who want to make positive changes in their lives.

It takes courage to look at the website and even more courage to walk through our doors.

The one thing we can promise is that you are not alone on your journey of change and you will not be judged.

You can expect to be supported

If we find that you need more support than the groups can offer, we can also offer individual sessions, couple sessions and/or family sessions.

In the groups we have conversations about what brought you to the Stopping Violence group and work with you on your goals to improve your relationship with your family, partner and yourself.

Topics we might cover are:

- Where did the violent or abusive behaviour come from
- What can I do about it
- Dealing with our thoughts
- Core beliefs – do they need rethinking?
- Conflict resolution and communication skills
- Keeping myself and family safe
- Intergeneration violence and how it impacts
- Relapse prevention
- Developing support structures in order to maintain a non-violence life style
- Victim impact and empathy
- Alcohol and other drugs
- Mental health
- Power and control tactics
- Emotional regulation