



Helping You, Help Yourself Group

A group for men to eliminate abusive behaviour in relationships

Men will learn to:

- Understand why they engage in abusive behaviour and how it impacts their family,
- Identify factors that get in the way of healthy relationships,
- Identify values and attitudes that lead to healthy relationships,
- Learn concrete skills with regard to avoiding abusive behaviour.

Group Details

Dates: Mondays, February 1 to May 30, 2016

Time: 5:30 p.m. – 8:00 p.m.

Location: I hope family Centre, Maplewood
399 Seymour River Place, North Vancouver
(adjacent to Maplewood Farm)

Cost: No fee

Requirements

Participants must:

- Attend all scheduled group sessions
- Have a strong desire to eliminate their abusive behaviour
- Be committed to improving relationships

Co-Facilitators

Jesse Frender MA, RCC, CCC – Family Preservation Counsellor at Family Services of the North Shore

Shahla Noorani – Family Preservation and Family Support Counsellor at Westcoast Family Centres.

To Register/For More Information

Call the FSNS Intake Counsellor at 604-988-5281, ext. 226.

Family Services of the North Shore

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