



Centre de counselling de **SUDBURY**
SUDBURY Counselling Centre

Partner Assault Response (PAR) Program

Helps men identify their abusive behavior and provides them with an opportunity to change.



260 Cedar Street, Sudbury ON P3B 1M7
705.524.9629

www.counsellingccs.com



The PAR Program is NOT an anger management program.

Abusive behaviours have the intention of controlling the other person's behaviour and inducing fear. This abuse creates a power imbalance in the relationship. The PAR Program focuses on power and control issues, as well as on the different forms of abuse. Abusive behaviours include physical, emotional, psychological and sexual abuse, as well as other fear-inducing control tactics.

The PAR Program will help if you:

- Are jealous of your partner
- Have hit your partner, called her names, insulted her and/or raised your voice
- Have the same arguments over and over without resolution
- Find yourself often saying "I want her to..."
- Have thrown things at your partner
- Feel your partner is to blame for a lot of your behaviours and reactions
- Cannot accept that the relationship is over
- Have negative beliefs about gender roles

The PAR Program is for you if you want to:

- Challenge your beliefs and attitudes that are the source of abusive behaviour
- Understand the dynamics of abuse, power and control

- Learn respectful and non controlling alternatives to abusive behaviour which can be used to build a healthy relationship based on equality and respect
- Take full responsibility for your abusive behaviour and become accountable to your partner or victim
- Improve your communication skills in order to become a better partner and parent
- Build trust and safety in your relationship
- Discuss your challenges and successes in a safe environment

Partner Contact Program:

Throughout your involvement in the PAR Program, a Partner Contact Worker will contact your partner and/or ex-partner to give her an opportunity to talk about her experience of abuse. Partners will receive support and information about the PAR program as well as the resources available to her and her children.

About our Program:

- The PAR Program is offered in a group format.
- The group meets once a week for 12 weeks.
- Each session lasts 2 hours.
- The fee for the Program is determined at the time of the assessment.
- The PAR Program is offered in collaboration with our judiciary partners which include the Victim/Witness Assistance Program, the Crown Attorney's Office, the Probation Office and Police Services.

Please note that an assessment is required before you are accepted into the Program. You can reach the Program Worker at 524-9629, Monday to Friday, between 8:30 and 4:30. (4:00 p.m. during the summer)



The PAR Program is funded in part by the government of Ontario.