



The Anger Managers provide a one-on-one, 12-hour, psycho-educational and counselling Domestic Violence Program which is used as a PAR alternative for personal and court-mandated clients. This program is mainly based on the Duluth Model of Treatment, as per Ontario Domestic Violence Court standards, and covers the following topics:

- Domestic Violence-Defining and understanding Abuse
- Intimidation to Non-Threatening Behaviour
- Emotional Abuse to Respect
- Isolation to Trust and Support
- Minimizing, Denying and Blaming to Honesty and Accountability
- Using Children to Responsible Parenting
- Using Gender Privilege to Shared Responsibility
- Economic Abuse To Economic Partnership
- Coercion and Threats to Negotiation and Fairness
- Substance Abuse and Abuse
- Conflict Resolution
- Creating a Safe and Positive Couple and Family Environment

The Anger Managers' Domestic Violence Program has the following objectives:

- To increase an offender's understanding of domestic violence and abuse.
- To increase the offender's understanding of healthy relationships and develop/practice skills needed to engage in such.
- To increase the offender's understanding of non-violent strategies and to practise these strategies through role-play scenarios.
- To reduce an offender's likelihood of re-offending by increasing their self-awareness of personal triggers, feelings and the warning signs that contribute to violent behaviour.
- To develop a safety plan with the offender to decrease isolation and increase community support.

This program is frequently approved as a suitable alternative to the different provincial domestic violence models in all provinces across Canada. The Anger Managers holds itself accountable to both the client and the courts.

Should you need further information, please contact the office at:

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