



A New Day

A program for men
who use violence



What is it?

Men meet in small groups weekly to talk about how they will change their behaviour. They support each other to have better relationships with themselves, their partners, their children and their communities.

Who can join the groups?

A New Day is for adult men who have been violent toward their wives, female common-law partners, girlfriends or partners. You do not need a referral.

What will happen?

First you will meet with a facilitator privately to talk about what you need and whether A New Day is right for you. Together you will talk about your strengths and how you can reach your goals. If you decide that your treatment plan includes joining A New Day groups, you will be invited to join the group right away.

You can keep coming back to the group as long as you want to. The men in the group support each other to learn their own value, and develop respect for themselves and for others. Talking to each other helps them to take responsibility for stopping abuse and building respectful relationships.

The group meets every week. If you need to take a break, you can come back whenever you are ready.

You will learn how to:

- Build on your strengths.
- Take responsibility for your abusive behaviour.
- Develop plans to help you make other choices.
- Build respectful relationships.
- Understand how your behaviour affects others.
- Heal and repair the effects of your abuse.

What we know about family violence

- You can choose to stop hurting the people you love.
- Being accountable for your actions is one step in your healing journey.
- We all have a role to play and a voice to use in saying violence is unacceptable.
- Everyone who wants to learn how to change their behaviour can be successful.
- Our families and communities are stronger when we learn peaceful ways to communicate.

This free program is available in Yellowknife. Travel and accommodation costs are not paid.

To sign up for A New Day:

867-920-4276

jhswt@northwestel.net

For information on other Community Justice programs, contact: 867-767-9261

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