

The Partner Assault Response (PAR) program focuses on the abuse of power and control within intimate relationships. This is not an anger management program.

Men who have been physically violent, emotionally abusive or controlling towards their intimate partner may be ordered by the courts to participate in the program. However, self referrals are also accepted.

You will learn...

- That being abusive is a choice
- What abuse is and how it affects your partner and your children
- How your beliefs and attitudes are used to justify your abusive behaviour
- Why you do not treat your partner with respect and why you blame her for your violent outbursts
- Different ways to resolve your conflicts and develop a healthier happier relationship based on equality and respect.

**“Health and Wellness
for All”**

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Community Counselling
Centre of Nipissing



Centre communautaire
de counselling du Nipissing

The PAR program is financed by the Ministry of the
Attorney General, Ontario Victims Services.

PARTNER ASSAULT PAR RESPONSE PROGRAM

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What is the focus...

This psycho-educational / group program has a component of cognitive behavioural strategies to help teach men new, respectful behaviours.

Many people who have completed PAR, report that it has helped them with a variety of relationships.

Everyone can learn something from the PAR program. If you go with an open mind, this can be a positive experience.

The following topics are mandatory in the PAR program:

1. Domestic violence — defining abuse
2. How beliefs and attitudes affect behaviour
3. The effects of abuse on children, partners and self
4. Understanding triggers/warning signs
5. The impact of substance abuse
6. Healthy relationships
7. Respectful communication
8. Dealing with conflict
9. Responsibility and accountability

FREQUENTLY ASKED QUESTIONS

Where and when does the PAR program take place?

There is a closed session on Tuesday from 3:15 to 5:15 p.m. and an open session on Thursday from 5:00 to 7:00 p.m.

North Bay groups are held in Calvin Presbyterian Church at 401 First Avenue West, North Bay.

Temiskaming groups are held at the Chamber of Commerce in New Liskeard and in Kirkland Lake.

How long is the program?

The program is 12 weeks with one assessment session. Attendance is mandatory. A session can only be missed in an emergency and must be made up in order to complete the program.

Do I have to pay?

Yes. Community Counselling Centre of Nipissing will base your payment on your income, so you pay what you can afford. This sliding scale is possible because the government subsidizes the program. Nobody has ever been turned away from the program for not being able to pay.

Why do you need my ex or current partner's phone number?

The Partner Contact Staff will contact your partner while you are attending the PAR program to give them support, information on resources and ask if they have any safety concerns.

What participants have said about the PAR program:

“ At first I didn't want to be here. I was angry for being sent. But I now see how much this program has helped me to communicate better. ”

“ By using my STE's (Situation, Thought & Emotion), I have learned to take control of myself. ”

“ Why do you guys not teach this program in high schools? ”

