



Are you hurting the ones you love? We can help you stop.

## **CONTROL AND ABUSE**

For some men the need to be in control can lead to abusive and violent behaviour towards partners, girlfriends or wives. Men who feel they must control their partner's behaviour, who lack non-violent ways to resolve differences and who vent their anger at life on their partner can end up in jail and losing their family and job. At Family Service Toronto, we help men learn how to have non-violent and power sharing relationships, stop blaming their partners and solve problems in constructive ways. Caring relationships are not possible when one partner is afraid of the other.

## **YOU ARE NOT ALONE**

Each year we support hundreds of men from the Toronto area who are referred to us by the courts and by Probation and Parole Officers. You may already be saying you need to change or you may doubt the legitimacy of your charge. You may be confused about the pain caused to your partner and children. Our program will help you sort this out whatever the starting point. The program is available in English, Farsi and Tamil and service is available for same-sex abuse offenders.

## **WHAT YOU CAN EXPECT FROM US**

We offer a supportive and confidential environment in which men can take responsibility and change their behaviour. They can develop the skills to have power sharing and non-abusive relationships. Our groups are lead by professional and experienced counsellors. The sessions give participants an opportunity to share their experiences with other men facing similar challenges and together change their lives. The program includes outreach to partners who have been abused and partners in current relationships, whether or not they have been abused. You will learn:

- Non-violent alternatives to abusive behaviour
- Ways of looking at your problems to help you function better as a partner and a parent
- Constructive ways of expressing feelings, thoughts and resolving conflict without violence

## **COMPASSION. COMMUNITY. CONNECTION.**

At Family Service Toronto, we're passionate about helping people. We are one of Toronto's oldest non-profit social service agencies, serving more than 12,000 individuals and families in need each year and advocating for the disadvantaged. Our solution-focused services help to strengthen families and individuals, and build healthier communities for everyone.

Our range of counselling and community support programs help people struggling to cope with many issues, including depression, physical abuse, sexual orientation, relationships, disabilities and the challenges of getting older.

## **HOW TO REACH US**

Men who have decided to seek help, or people interested in other Family Service Toronto programs can call us at **416.595.9618**.

Fees are required to supplement the funding that we receive for this service and are based on family income and size. No one is ever turned away due to an inability to pay.

Our services are available to anyone living or working in Toronto, regardless of race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, age, disability, level of literacy, marital or family status, income or political affiliation.

Funding for this program is provided by the Ontario Ministry of the Attorney General.

Visit our website at: [www.familyserVICEToronto.org](http://www.familyserVICEToronto.org)



For People For Change

**FAMILY SERVICE TORONTO**

FST welcomes diversity and is committed to a policy of equity and inclusion.



**United Way  
of Greater Toronto**

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