

INTRODUCTION

Anger and jealousy are both normal emotions...but where do you draw the line? Harassment, stalking and physical and sexual assaults—whether on a stranger, an acquaintance, your partner, or spouse—is illegal under the New Jersey Prevention of Domestic Violence Act. These actions may result in being legally restrained or removed from the home and/or charged with committing criminal actions.

We know change can be difficult. Let JCNV help you.

**WHEN THERE IS ABUSE
IN THE RELATIONSHIP,
NO ONE WINS.
IT HURTS EVERYONE.**

**CALL US TODAY.
WE CAN HELP.
973-539-7801**

HELP IS AVAILABLE. START NOW.

Lasting change takes courage and commitment. Your first steps toward a healthy relationship are taking responsibility for your actions, and learning alternative ways of behaving. The results could mean a positive home life and an end to the cycle of abuse within your family.

CALL US TODAY. WE CAN HELP.

Counseling for Men and Boys through
ACT and Choices: 973-539-7801

Counseling for Women through Vista:
973-267-7520 Ext. 254

jcnv
Jersey Center for
Non-Violence

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JCNV is a program sponsored by JBWS



www.jbws.org

A United Way Member Agency

COUNSELING SERVICES



**Living without violence
in relationships**

jcnv
Jersey Center for
Non-Violence

WHAT IS JERSEY CENTER FOR NON-VIOLENCE?

JCNV first began in 1983, as the ACT Program for men, and has been expanded to provide services to young men, adolescent males and women.

JCNV offers counseling programs to help people examine the use of force and/or abuse within intimate relationships and to learn alternatives. Initially, participants meet privately with a professional counselor. From there, they join one of the many groups held throughout the week. By hearing the perspectives of other group members, as well as experienced facilitators, participants develop new personal insight.

All counseling sessions are confidential. Intimate partner abuse is unbiased in whom it affects, and cuts across ethnic, sexual orientation and economic lines. It affects children, other family members, friends, as well as the rest of society.

ACT: A GROUP FOR MEN

- Do you frequently criticize and embarrass your partner?
- Do you get extremely jealous when your partner talks with other people?
- Do you constantly check up on your partner and feel the need to always be in control?
- Are you always making excuses or apologizing for your angry or hurtful behavior?
- Is your partner afraid of you when you get angry?
- Have you slapped, kicked or shoved your partner?
- Do you expect your partner to spend all their free time with you?
- Do you feel you are entitled to sex, regardless of your partner's feelings?

IF YOU ANSWERED YES TO ONE OR MORE OF THESE QUESTIONS, THEN ACT MAY BE FOR YOU.

ACT is a comprehensive group counseling curriculum for men who use abuse in their intimate relationships. While meeting once a week for 26 weeks, the participants discuss Anger Management, Beliefs, Myths of Domestic Violence, Gender Roles, Impact on Children, and more.

ACT: A Group for Young Adults is for males, ages 18–23.

CHOICES: A GROUP FOR ADOLESCENT MALES

Choices* is a counseling group for boys ages 12–17 who have begun using abuse in relationships. It meets once a week for 12 weeks and teaches boys how to develop and maintain healthy relationships.

Discussion topics include: Emotional Abuse and Mind Games, Jealousy and Manipulation, Abuse of Siblings and Parents, Substance Abuse, and Communication and Negotiation Skills.

*Funding, in part, by the Morris County Board of Chosen Freeholders

VISTA: A PROGRAM FOR WOMEN

Vista is an 18-week curriculum addressing women's use of force. Within Vista, women explore the motivations, intent and consequences of their actions. Vista emphasizes that the use of force is not appropriate and teaches healthy alternatives. Group topics include: Identifying Forceful Behaviors, Anger, Defense Mechanisms, Healthy Boundaries, Effects of Force on Children, Conflict Resolution, and Healthy Relationships.