

Men & Family Relationships Group Programs

These programs provide education for men in the areas of parenting after separation and divorce, family violence and relationship education.

Services for men in the CSG clinic include

Dads in Transition(DIT)

An 8-week group program for fathers to explore the **challenges of parenting**. The group will help men to understand the different developmental needs of their children and how to be effective and happily involved in their lives (whether the family is together or separated).

Milestone

An 8-week group program for separated/divorced fathers focusing on maintaining a positive relationship with their children, while developing a practical co-parenting relationship with their former partners.

Pit Stop Anger Group

A 5-week introductory education group to help men develop a more informed understanding of the underlying causes of their anger problems. The group includes looking at various strategies to help men towards solutions to these problems.

Understanding ME/ Respecting YOU

This is an intensive, closed 16- week group therapy program for men who want to work on eliminating verbal and emotional abuse and other forms of abuse in their intimate relationships. The group focuses on understanding a broad range of attitudes and behaviors that can destroy relationships and work towards re-establishing respect and equality within current or future relationships.

This program is open to men who are presently involved in the court system including probation. All participants who wish to attend the program will need to meet with one or both of the group facilitators for an initial intake session.

There is a maximum of 9 men per group and the group will meet once weekly in the evenings for 2 hours each session Some sessions may be held on Saturdays.

The group program will run 2 times per year, February to May and September to December.

The cost for the group program is \$40.00 per hour/\$ 80.00 per session. All or some of the costs can be paid for through each participants' insurance coverage, victims services or other third payment options.

Consulting for Solutions Group – <http://www3.telus.net/cfsg>

The Consulting for Solutions (CSG) Group



Understanding **ME** Respecting **YOU**

A group for men who are abusive in their relationships

Through this group you will:

- Understand why you engage in abuse and how it impacts your partner,
- Identifying values and attitudes that lead to healthy relationships,
- Understanding factors that get in the way of stable relationships, and
- Explore how societal values can create a personal culture of violence against women.

Group Details

Dates: Spring and Fall dates; dates to be announced

Time: 6:00 p.m. – 8:30 p.m.

Location: CSG Clinic
5050 Kingsway Suite
Burnaby, BC V5H-4H2

Cost: \$ 80.00 per session (each session is 2.5 hrs.)

Requirements

Participants must:

- Attend all group sessions
- Have a strong desire to cease and desist from all abusive behaviour
- Be committed to improving relationships

Co-Facilitators

Mario Testani M.A., R.C.C., and **Shelley Hine MA, R.C.C.**, are psychotherapists at Family Services of the North Shore. They specialize in working with couples both individually and in a group format. In addition, both have expertise in working with high-risk families, individuals, couples and teenagers. Both have experience working with grief and loss, anger management, stress reduction, violence and abuse.

To Register/For More Information

Call the CSG Clinic at 604-639-3236 or email: cfsg@telus.net

The Consulting for Solutions (CSG) Group

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