



**WAYPOINTS**

*Welcome to*

**Opportunities for Change**

**Family Violence Treatment Program**





# WAYPOINTS

*Module 1:*

Program Introduction:



## **Opportunities for Change Program Overview**

**Over the next 15 weeks, the program will cover the following topics:**

1. Opportunities for Change Introduction
2. Self-Reflection & Personal Growth
3. Gender Roles
4. Thought & Emotional Awareness
5. Emotional Regulation
6. Exploring & Defining Domestic Violence
7. Impacts of Domestic Violence
8. Communication & Listening Skills
9. Conflict Resolution
10. Responsibility
11. Self-Esteem
12. Stress & Addiction
13. Powerful Emotions: Grief, Loss, Shame & Guilt
14. Positive Parenting
15. The Road Ahead



## Group Member Guidelines & Responsibilities

Print Name: \_\_\_\_\_

1. Call prior to group if you will be absent (780) 791-5143. Leave a message if the call is not answered. Sessions begin on time, shortly after the group begins the door will be locked and you will not be admitted. This will count as an absence
2. Any disclosures and/or attendance involving other group members are to be kept confidential. Exceptions to confidentiality include risk to self or others and any child abuse or neglect.
3. Attendance of the first session is mandatory. You are expected to complete all 15 weeks. Any absences must be approved by your Probation Officer, and meet their standards of reasonable absences.
4. If you are absent it is your responsibility to arrange to make up the missed material prior to the next scheduled group. You need to contact the program and schedule a makeup, this can be scheduled an hour before your next group.
5. You must participate and complete all homework in order to receive a certificate.
6. Inappropriate language will not be tolerated (swearing, racist or sexist comments). Remain non-confrontational and do not argue or use threats in group sessions. You will be asked to leave should you choose to do so.
7. You will be asked to leave if you are under the influence of drugs or alcohol and your Probation Officer will be notified.
8. It is your responsibility to notify the program Facilitators of any changes of address/telephone number as well as any further police contact, service protection order, or any new charges.
9. When speaking of your partner/ex-partner refer to them by their name. Be respectful of others in the group.
10. Please turn off cell phones. If you need to have your cell phone due to special circumstances please discuss this with your Facilitator.
11. Please feel free to leave the room briefly if you need a moment. Rejoin the group quietly.
12. As a client, you can only be on the property during a scheduled appointment and must call to schedule appointments. This is to protect your confidentiality and the safety of our staff.
13. **You are expected to bring your binder to every group session.**

**I agree to attend and complete the 15 week Opportunities for Change Program.**

**ANY VIOLATIONS OF CONDITIONS OF PROBATION OR PROTECTION ORDERS ARE  
GROUNDS FOR TERMINATION FROM GROUP.**

**I have read this contract and understand my requirements with the program.**

Participants signature: \_\_\_\_\_

Date: \_\_\_\_\_

Witness: \_\_\_\_\_

Date: \_\_\_\_\_

<b>Ego Stories<sup>1</sup></b>	<b>Soul Stories</b>
<ul style="list-style-type: none"> <li>• Stories told for self-promotion, like when we apply for a job</li> <li>• Focus on life's high spots when we have been successful and affirmed</li> <li>• Try to portray us as in control or in charge of our lives</li> <li>• Are often linear stories of continuity and consistency, and are stories that have a resolution</li> <li>• Are highly crafted stories that leave out important things</li> <li>• May ignore or falsify certain information by "spinning" the facts</li> <li>• Are always told in style and sometimes involve numbers</li> <li>• Are stories that do not sustain us in times of suffering</li> <li>• Are stories we tell at a party when someone asks "What do you do?"</li> </ul>	<ul style="list-style-type: none"> <li>• Are "the story beneath the ego story", the one filled with truth, honesty and vulnerabilities</li> <li>• Honour shadow as well as light, suffering as well as happiness</li> <li>• Are often stories of twists and turns when our best-laid plans were undone by the unexpected</li> <li>• Are unafraid of change, fear, loss, failure, shame, mystery, passion and ecstasy</li> <li>• Are sometimes told in poetry, music or art</li> <li>• Are the stories we can hold onto in the hardest of times</li> <li>• Are the stories we want the people we love most to know</li> <li>• Are the stories we are most likely to be reliving when we are awake at 3am or when we die</li> </ul>

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<sup>1</sup> Ego stories and soul stories

## Identifying Your Needs<sup>2</sup>

All men and women have needs; physical, emotional, mental and spiritual. However, research shows that men are less likely to ask for help even when they need it in order to get their needs met.

The following list shows some differences between men and women and their willingness to ask for help.

- Women are 8 times more likely to seek out medical health services than men.
- Women are 10 times more likely to seek counseling or ask for support than men.
- Women are 10 times more likely to see a dentist than men.
- Women live an average of 7 years longer than men do.
- 70% of male depression is untreated.
- Suicide is one of the leading causes of death for men in North America.
- Males drop out of high school and college more than females do.
- Men are less likely to attend college than women.

It is important to understand that despite what society teaches us, it is healthy and normal for both men and women to share their feelings and ask for help.

Throughout this group process you will have numerous opportunities to share your feelings and experiences to help meet your needs. The more you actively participate and engage in discussions the more you will get out of these opportunities.

This is a safe place for you to share your inner thoughts and stories and explore how your past experiences inform your current situation. Our role is to give you skills and knowledge that can help you in your relationship(s) with yourself and others. You are the expert on your own life and it is for you to decide if and how you wish to incorporate these skills into your life.

We hope this group experience truly inspires you and provides you with endless positive “Opportunities to Change”!!

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<sup>2</sup> Paths of Change

## References

Gibbons, G., Plesuk, S. & Wild, C. (2005). *Paths of change: An intimate-partner abuse prevention program for men*. Calgary, AB: The YWCA Sheriff King Home.

Jackson, M. & Palmer, P. J. (2011). *Ego stories and soul stories*. Retrieved from [www.CourageRenewal.org](http://www.CourageRenewal.org).