

# Alternatives to Violence Program

Saskatoon Area



**Services for men and women who have been violent in their intimate relationships**

## What is Violence?

Violence is any act that (1) gets your partner to do something he/she does not want to do; (2) prevents your partner from doing something he/she wants to do; and (3) causes fear and/or harm.

[www.saskhealthauthority.ca](http://www.saskhealthauthority.ca)



**Saskatchewan Health Authority**

Mental Health & Addiction Services  
Saskatoon Area

## Who Do We Serve?

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The Alternatives to Violence Program offers services to men and women who have been violent in their intimate relationships.

Have you ever:

- Hit, shoved, choked, or slapped your partner?
- Yelled or sworn at your partner, called him/her names, put him/her down?
- Threatened to hurt your partner or people he/she cares about?
- Destroyed things that belonged to your partner, thrown objects or hit walls during or after an argument?
- Guilted your partner into sex?

You are not alone! Most people do not want to hurt their partners and have trouble understanding why they do. You can learn to stop your violent behaviour.

Change is often not easy, but stopping the verbal, emotional, physical, and sexual violence is worth the effort.

## Who Do We Serve?

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Groups are open to men and women who:

- Are willing to take responsibility for their violence
- Are committed to being non-violent in their relationships
- Have no outstanding charges that involve violence
- Are agreeable to group guidelines and confidentiality

### **Education Group:**

A 3 week introductory education group for men and women. The Education Group must be completed in full prior to entering any of the following treatment groups.

### **The Compassion, Accountability, Respectful, Relationships & Strength (CARRS) Closed Group:**

A group for men who have been violent to their partners. This 16 week group is offered on Tuesdays 4:00 - 6:30 p.m. at Saskatoon City Hospital.

### **The Compassion, Accountability, Respectful, Relationships & Strength (CARRS) Group:**

A group for men who have been violent to their partners. This 22 week group is offered on Thursdays from 5:30 - 7:50 p.m. at Saskatoon City Hospital.

### **Napewak E-Acimoyahk Group:**

A 22 week therapy group developed specifically for Indigenous men who have been violent to intimate partners. The group is facilitated by staff from Mental Health & Addiction Services in conjunction with the Indian & Métis Friendship Centre. Indigenous ceremonies and traditions are included as part of this group. This group is offered on Wednesday from 4:30 - 6:45 p.m. in Room G24 Nurse's Alumni Wing at St. Paul's Hospital.

## Who Do We Serve?

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### **First Hand Group:**

This 22 week group is for men who have been violent to their partners. This group runs Fridays from 9:30 a.m. - 12:00 p.m. at Saskatoon City Hospital.

### **Maintenance Group:**

An ongoing group for men who have successfully completed a 22 week group. Contact for more information.

### **Women's Alternatives to Violence Group:**

This 16 week group invites women to take a stand against their violence. The group is facilitated by Mental Health and Addiction Services in conjunction with Saskatoon Tribal Council. This group runs Tuesdays from 4:00 - 6:30 p.m.

## Referral Process

If you would like more information or think that this program may benefit you, please contact 306-655-8989 to book an intake appointment.

Location:  
Saskatoon City Hospital  
701 Queen Street  
Saskatoon, SK S7K 0M7

An intake appointment must be arranged and completed prior to starting any of the Alternatives to Violence groups.