

## A Note About Our Women's Services

*Choosing to Change* is one of the responses of Catholic Family Services of Toronto to the problem of woman abuse.

As part of this program, our staff will speak with the man's partner about issues of safety. In addition, the partner will be offered the agency's full range of services for women who have been abused including individual counselling and various group services

## Catholic Family Services of Toronto

### Central Toronto Office

The Catholic Pastoral Centre  
1155 Yonge Street, Suite 200  
Toronto, Ontario  
M4T 1W2  
(416) 921-1163  
Fax (416) 921-1579

*Located at Shaftesbury Avenue  
And Yonge Street, next to the  
Summerhill Subway Station*

### North Toronto Office

245 Fairview Mall Drive  
Suite 201  
Toronto, Ontario  
M2J 4T1  
(416) 222-0048  
Fax (416) 222-3211

*Located East of Fairview Mall  
Don Mills is the closest Subway Station*

Executive Director: Brenda Spitzer, MSc, RP, RMFT

### MEMBER

Catholic Charities of the Archdiocese of Toronto  
Family Service Ontario

Catholic Family Services of Toronto is a scent-sensitive environment.  
Catholic Family Services of Toronto est un environnement de parfum sensible.



**PART OF THE WELLNESS SERIES FOR MEN**

**Catholic Family Services of Toronto is a Catholic Charities member agency supported by ShareLife.**



# A Program For Men to Stop Their Abusive Behaviour

## Program Objectives

*Choosing To Change* is a program for men, who have used emotional, verbal and/or physical abuse in their relationships with women, and wish to change. The primary purpose of the program is to help men end their abusive behaviour.

Treatment is provided in a group format. There is an assessment/ screening interview as a pre-requisite for the group.

The 10-week men's counselling group is held on a weeknight evening from 6:00 to 8:00 PM at Catholic Family Services of Toronto (North Branch).

## Program Goals:

- To assist men in taking responsibility for stopping their abusive behaviour.
- To help men establish relationships based upon safety, equality and respect rather than violence and abuse.
- To help men to examine the effects of their abusive behaviour (on themselves, others and their relationships).
- To help men repair and heal the effects of their abuse.

## Program Access

Referrals are accepted from community agencies or men calling on their own who realize they have been abusive to their partner and wish to stop their abuse. Program applicants are seen according to the following procedures:

Telephone referrals are received by the Intake Worker at Catholic Family Services of Toronto, North Office, 416-222-0048.

A screening/assessment interview is arranged to determine suitability for the program.

Men attending the program must not have pre-adjudicated charges before the criminal court.

As a part of the C2C program, a designated staff member ( not a group facilitator ) will contact the partners of the men in the group to explain the program and discuss services available. An "Exit Interview" with each of the men is provided at the end of the group.



Catholic Family Services of Toronto offers service to the entire community without regard to ethnic, religious, cultural or racial background or other factors. Our response is to the human need. We are a fully accredited family service agency.

Fees are charged on a sliding scale geared to income.  
*Choosing To Change* is a program developed and implemented by Catholic Family Services of Toronto.