

For further information, please call: (416) 222-0048
info@cfstoronto.com www.cfstoronto.com

Incest and Sexual Abuse Survivors

This is a program designed to help women manage the effects of childhood sexual abuse and to develop healthy life management skills.

Choosing to Change

Choosing to Change is a voluntary program for men, who have been emotionally or physically abusive in their relationships with women, and wish to change. The primary purpose of this 12-week program is to help men end their abusive behaviour. Men attending the program must not have pre-adjudicated charges.

Being a Dad Program

This 8 week group program is for dads whose children have witnessed abuse within their families. The men are referred by their CAS workers. The group focuses on developing a plan to assist the men to make positive changes in their parenting styles and become more effective and caring fathers. Men attending the program must not have pre-adjudicated charges.

Pour plus de renseignements sur l'aide pour les femmes victimes de violence offerent en **française**, veuillez s'il vous plaît consulter l'agence partenaire qui est financé par le Ministère des Services Sociaux et Communautaires de la province de l'Ontario:

OASIS Centre des Femmes
Tel 1-877-336-2433 TTY 1-866-860-7082

Two Convenient Locations to Serve You

DOWNTOWN TORONTO
The Catholic Pastoral Centre
1155 Yonge Street, Suite 200
(beside the Summerhill
Subway Station)
Toronto, Ontario
M4T 1W2

NORTH TORONTO
245 Fairview Mall Drive
Suite 201
(East of the Fairview Mall.
Don Mills is closest subway Stn)
Toronto, Ontario
M2J 4T1



Phoenix Program

The Phoenix Program, (services for Violence Against Women), focuses on providing services for women in a safe and supportive environment in which they can receive counselling, support, education and information on community services.

This program aims to help women:

- * deal with safety issues
- * learn about the impact of abuse on their own lives and the family unit
- * identify and deal with feelings
- * build a positive self image and
- * develop a sense of personal control in their lives

The services are provided through individual and group counselling.

We welcome women from all ethnic, cultural, religious and racial groups.

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



VIOLENCE AGAINST WOMEN PROGRAM

Groups and individual counselling for women who are or have been in abusive relationships

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RISE

This monthly psychoeducational group provides support and information to women who are dealing with the impact of violence in their relationships. This group is designed to introduce women to the initial identification of the impact of violence and the available resources.

No Fee.

Understanding Abuse

Women's Support Group

This is a treatment group for women who have experienced abuse in relationships. These groups are offered three times a year. This is an 8-10 week, closed, group for women who self-identify as having experienced violence in their relationships. Issues such as self-esteem, safety, understanding the impact of abuse, and breaking the isolation are topics covered.

Transitional Housing and Support Program

The Transitional and Housing Support Program is a free, confidential service available to women who are in the process of leaving an abusive relationship. The services may include the following: information and referrals to community services such as housing, legal, financial, health, immigration, children's services, education and employment; safety planning; and goal setting.

Catholic Family Services of Toronto is a scent sensitive environment.

Women Helping Women Program

This is a peer-based support service provided by trained volunteer mentors to assist women receiving counselling for the impact of abuse. The service may be provided individually to the women to assist in breaking their isolation or in speaking engagements to the community to heighten awareness of woman abuse.

Here To Help

This is a group program for women and their children who have been exposed to physical and emotional abuse. Areas focused on are: impact of abuse on women and children; how to set boundaries to keep women and children emotionally and physically safe; and examining non-violent ways of parenting. Groups will be offered for children 4 to 16 years of age. This is an ongoing joint project of the North York Violence Against Women agencies and is offered in the Fall, Winter and Spring.

Teens Preventing Domestic and Dating Violence

This is a program to educate teenage high school students regarding domestic and dating violence, abuse, gender roles and relationships, and building healthy relationships. It aims to familiarize students with information on available community resources and equip them with safety planning skills for their protection and safety.