

Anything that is in agreement with our personal desires seems true. Everything that is not puts us in a rage.

- Andre Maurois



Anyone can become angry, that is easy...

But to be angry with the right person, to the right degree at the right time, for the right purpose, and in the right way – that is NOT easy.

- Aristotle

how

## To Join

Individuals may be referred to this program through:

- FCSS
- Business or Agencies
- Workplace
- Self-Referral

## contact

Community Services Department at 780.778.6300. Pre-registration is required.

## what is the next step?

You will go through a screening process where the program is explained in greater detail and an assessment is made to ensure that the program is appropriate for you.

## cannot wait?

Do you need immediate help? Call:

- EMERGENCY 911
- Mental Health 1.800.668.6868
- Distress Hotline 1.800.232.7288
- Victim Services 780.778.5454
- AHS Addictions 780.778.7123
- Wellspring Family Resource & Crisis Centre 780.778.6209

# new HOPE

FOR ADULTS

Learning to Create Positive Healthy Personal Relationships Free of Violence and Abuse



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



Anger is a feeling and the results can lead to violence and abusive behaviours. Anger can motivate you or cause you to harm yourself and others. Learn how to deal with anger and other feelings in a positive and constructive way.



## Why Does Violence Happen?

Violence does not usually occur randomly. It is the result of distorted thinking; fear and a lack of problem solving and coping skills.

Learn how to deal with anger and its negative outcomes by applying new insights, knowledge and skills.



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## Violence Be Stopped?

Anger and family violence can become a way of life, but the pattern can be broken.

It does NOT need to reach the point where the RCMP, child welfare or the courts are involved!

Join the New Hope program and learn a healthier way to share the worries, anger, and joys of being a family and experience healthy personal relationships.

## What to Expect:

A preventive 16 week course with separate sessions for men and women. New Hope can help revitalize relationships, build positive connections, and enhance communications through support, counseling and skill building in a safe and confidential setting.

Topics covered are, but not limited to:

- Managing anger and other uncomfortable emotions
- Communicating effectively
- Recognizing abusive behaviour in relationships
- Making positive changes in relationships
- The effects of unhealthy relationships on children
- Strategies to reduce stress

**6:30 - 9:00pm**  
**Tuesdays - Men**  
**Wednesdays - Women**

# the

## Definition Of Abuse Is:

Any action used to gain power and control over another person with the intent to cause emotional or physical harm or injury.

## 6 types of abuse:

- Physical
- Sexual
- Abandonment
- Emotional/Psychological
- Spiritual
- Financial

