

ALTERNATIVES TO VIOLENCE
A Domestic Violence Prevention Education Program
For Men & Women

Prevention – Intervention – Treatment
Santiago Simental, Program Administrator

MAV is a program designed to address an individual's issues around domestic violence. We provide men & women with the basic skills to effectively deal with anger and manage potentially explosive situations, nonviolently. MAV provides opportunities for men & women to process personal feelings associated with Anger and Violence.

You will learn about:

- Recognizing and dealing with anger effectively
- Stress reduction
- Developing safe alternative behaviors
- Feelings & communications skills
- Setting healthy limits and boundaries
- Developing trust and support

Domestic Violence is:

The mistreatment of one household member by another or one intimate partner to another, through a misuse of power and control that results in physical, emotional and/or mental harm.

Violence can be:

Physical - hitting, pushing, choking, etc.
Sexual - forced or violent, sex, sexual control, etc.
Emotional - intimidation, humiliation, etc.
Verbal - put-downs, name calling, threatening, etc.

ANGER IS AN EMOTION

VIOLENCE IS A BEHAVIOR

Anger is a natural feeling that we all experience. Whether or not the anger leads to violence is a choice we have.

YOU MAY NEED THIS PROGRAM IF YOU...

- * lose control of your anger and say or do things that you later regret
- * have physically harmed a member of your household
- * are extremely jealous
- * were raised in a violent environment

Tue: 5 to 7 pm-Eng

Wed: 5 to 7 pm-Spn

Thu: 5:00 to 7:00-Eng

Thu: 3:00 to 5:00-Eng-CoEd

Thu: 7PM to 9PM Spn FB

This course is offered in English and Spanish for both Men & Women.

For more information or enrollment needs contact:

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