

BEYOND ABUSE

truth

**What you need to know about
breaking the cycle of violence**

Our mission is to create
peaceful communities in which
domestic respect and a life free
from violence is the right of
every woman, man and child.

SOJOURNER
family
peace
center

P.O. Box 080319 | Milwaukee, WI 53208
Phone: 414-643-1777 | Fax: 414-643-1790
TTY: 414-727-2342
www.familypeacecenter.org

24-Hour Domestic Violence Hotline
414-933-2722

**This brochure is available in
alternative formats upon request.**

Sojourner Family Peace Center is an Equal Opportunity
employer and service provider operating under an
Affirmative Action and Civil Rights Plan.

SOJOURNER
family
peace
center

YOU ARE NOT ALONE

The goal of the Beyond Abuse program is to help participants learn to eliminate violent, abusive and controlling behaviors from their relationships; thus contributing to ending the cycle of domestic violence. Through our groups, participants can and do learn alternative, positive, non-abusive ways to have healthy relationships.

For more information about Beyond Abuse please call

414-643-4799

“I wanted to change, I just didn’t know how. Beyond Abuse gave me the tools to change and save my family.”

—MICHAEL, GROUP MEMBER

Program

Groups are 23-weeks and offered at various times during the week.

The sessions emphasize:

- Identification of all forms of abusive behaviors
- Acceptance of responsibility for one’s own behavior
- Identification of primary emotions
- Recognition of the difference between emotions, thoughts and actions
- Developing skills to cope with feelings through personal thought, reflection and challenge
- Developing the skills to express and communicate feelings and emotions effectively and non-abusively
- New behaviors through reinforcement and practice

Groups offered:

- Men’s Groups (offered in English and Spanish)
- Young Men’s Group (ages 17-19)
- Women’s Groups (offered in English & Spanish)
- Graduate Maintenance Group

Call us for information on group schedules or to talk to someone about your behaviors.

If you need help, or for information on any of our programs and services, call us 24 hours a day at **414-933-2722**.

We rely on volunteers! To volunteer in any of our programs, please call us at **414-643-1777** or visit **www.familypeacecenter.org**.