

Do you ever struggle
with aggression,
anger or conflict in
relationships?
Do you want more
support and
information for
building healthier
relationships?

CONTACT



(250) 855-8465



education.antiviolence@cmhacariboo.org



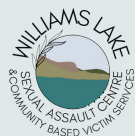
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201-35 South Second Avenue,
Williams Lake, BC, V2G 3W3



Canadian Mental
Health Association
Cariboo Chilcotin Branch
Mental health for all



BRITISH
COLUMBIA



BECOME THE CHANGE

Violence Intervention
& Prevention
Program for Men



FREE AND CONFIDENTIAL

A program for men who want to improve their relationships and make healthier choices. The program covers the following topics:

- The Seven Grandfather Teachings
- Communication & Boundaries
- Intimacy and Healthy vs. Unhealthy Relationships
- Accountability & Empathy
- Abuse and the Impact of Domestic Violence on Children
- Managing Stress & Conflict
- Addictions
- Mental Health
- Trauma
- Coping with Grief and Loss
- Community Resources

