

# INTRODUCTION

Feeling the need to have control and jealousy can happen in relationships – but where do we draw the line? Harassment, stalking and physical or sexual assaults—whether on a stranger, an acquaintance, your partner, or spouse—is illegal under the New Jersey Prevention of Domestic Violence Act. These actions may result in being legally restrained or removed from the home and/or charged with committing criminal actions.

We know change can be difficult.  
Let JCNV help you.

**WHEN THERE IS ABUSE  
IN THE RELATIONSHIP,  
NO ONE WINS.**

**IT HURTS EVERYONE.**

**CALL US TODAY.  
WE CAN HELP.  
973-539-7801**

# HELP IS AVAILABLE. START NOW.

Lasting change takes courage and commitment. Your first steps toward a healthy relationship are taking responsibility for your actions, and learning alternative ways of behaving. The results could mean a positive home life and an end to the cycle of abuse within your family.

## CALL US TODAY. WE CAN HELP.

Counseling for Men and Boys through  
ACT and Choices: 973-539-7801

Counseling for Women through Vista:  
973-539-7801

**jcnv**  
Jersey Center for  
Non-Violence

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JCNV is a program sponsored by JBWS

**jbws**   
Safety, Support & Solutions for Abuse

[www.jbws.org](http://www.jbws.org)

# ALTERNATIVES TO ABUSE



**Living without violence  
in relationships**

**jcnv**  
Jersey Center for  
Non-Violence

# WHAT IS JERSEY CENTER FOR NON-VIOLENCE?

JCNV first began in 1983, as the ACT Program for men, and has been expanded to provide services to adolescent males and women.

JCNV offers counseling programs to help people examine the use of force and/or abuse within intimate relationships and to learn alternatives. Initially, participants meet privately with a professional counselor. From there, they join one of the many groups held throughout the week. By hearing the perspectives of other group members, as well as experienced facilitators, participants develop new personal insight.

All counseling sessions are confidential. Intimate partner abuse is unbiased in whom it affects, and cuts across ethnic, sexual orientation and economic lines. It affects children, other family members, friends, as well as the rest of society.

## ACT: A GROUP FOR MEN

- Do you frequently criticize and embarrass your partner?
- Do you get extremely jealous when your partner talks with other people?
- Do you constantly check up on your partner and feel the need to always be in control?
- Is your family afraid of you when you get angry?
- Are you always making excuses or apologizing for your angry or hurtful behavior?
- Have you slapped, kicked or shoved your partner? Did your children witness it?
- Do you expect to make all of the parenting decisions?
- Do you feel you are entitled to sex, regardless of your partner's feelings?

### IF YOU ANSWERED YES TO ONE OR MORE OF THESE QUESTIONS, ACT MAY BE FOR YOU.

**ACT** is a comprehensive group counseling curriculum for men who use abuse in their intimate relationships. While meeting once a week for 26 weeks, the participants discuss abusive behavior, the beliefs that contribute to it, its impact on children, and more. Participants are held accountable for their abusive behavior and taught skills to develop healthy and equitable relationships.

## CHOICES: A GROUP FOR ADOLESCENT MALES

Choices is a counseling program for boys age 12-17 who have demonstrated abusive behavior toward a dating partner or family member. It meets once a week for 12 weeks and focuses on developing and maintaining healthy relationships. In addition, counselors can facilitate a 4-6 week group at facilities for high-risk youth in Morris County. Choices discussion topics include: establishing healthy boundaries in relationships, communication and negotiation skills, taking responsibility for behavior and gender roles.

## VISTA: A PROGRAM FOR WOMEN

Vista is a 20-week curriculum addressing women's use of force. Within Vista, women explore the motivations, intent and consequences of their actions. Vista emphasizes that the use of force is not appropriate and teaches healthy alternatives. Group topics include: Identifying Forceful Behaviors, Anger, Defense Mechanisms, Healthy Boundaries, Effects of Force on Children, Conflict Resolution, and Healthy Relationships.