

# Change is possible. Help is available.

## What is the Jersey Center for Non-Violence (JCNV)?

JCNV is JBWS' abuse intervention program that is for people who have used harmful, controlling, and abusive behaviors in their relationships. Confidential group counseling services are available for men, women, and teenage boys to help them examine their use of these behaviors within intimate relationships and to learn healthy alternatives.

### Why do you work with people who use abuse?

If we are going to work on preventing and ending domestic violence, we have to get to the source and that is the person who is using that abusive behavior. Many of our clients know certain behaviors are wrong but they don't know what's right. That's what they learn at JCNV.

### Can people really change?

Absolutely, people can change but they have to want to change and they have to want to do the work to change.

### How can you teach that?

We have a group counseling program and we follow a curriculum which covers a wide range of topics including: learning what abusive behavior is, their thought processes and beliefs that lead them to use that abusive behavior, the impact of that behavior on their partner and children, accountability planning, and healthy relationship skills.

### Learn more:

Scan the QR code to learn more about JCNV and available programs.



*"I knew the group was working when my son ran to me when I came through the door rather than away from me"*

### By The Numbers:

# 280

*people received counseling and supportive services through JCNV in 2022 to learn alternatives to using force and abuse in their relationships*

