

Where do we draw the line?

Feelings of jealousy and control can happen in relationships, but when does it become a problem? 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.

The actions listed above may result in being legally restrained or removed from the home and a person being charged with committing criminal actions. Intimate partner abuse is unbiased in whom it affects, and cuts across ethnic, sexual orientation, and economic lines.

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 being with 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.
973-539-7801**

JCNV

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JCNV is a program sponsored by JBWS
jbws.org/jcnv



**Do you want your
relationship to be
healthier?**

*Change is possible.
Help is available.*

jcnv
Jersey Center for
Non-Violence

What is the Jersey Center for Non-Violence?

The Jersey Center for Non-Violence (JCNV) is a program sponsored by JBWS that began in 1983 and provides services to people who have used force and/or abuse within their intimate partner relationships. These services are open to men, women, and adolescent males to help them learn healthy alternatives to abuse.

At first, participants meet privately with a professional counselor before joining one of the many groups held throughout the week. Hearing the perspectives of other group members in a confidential setting, with insight from experienced facilitators, participants are able to begin developing new personal insights.



A.C.T Program:

A group for men

The ACT program is a comprehensive group counseling program for men who use abuse in their intimate relationships. The groups meet once a week for 26 weeks and 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.

Consider This:

- 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 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, JCNV may be for you.

CHOICES:

A group for adolescent males

Choices is a counseling program for boys (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. Additionally, 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 group for women

VISTA is a 20-week curriculum addressing women's use of force. Within VISTA, women explore the motivations, intent, and the 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.