

Change is possible. Help is available.

What is the Jersey Center for Non-Violence?

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 teens to help them examine their use of these behaviors within intimate relationships and to learn healthy alternatives.

Why work with people using 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.

Programs:

Abuse Ceases Today (ACT): This 26-session group program is designed for men. It teaches them to examine belief systems, develop healthy communication skills, learn to manage disagreements, cope with strong emotions, and understand how domestic violence impacts children.

VISTA: Designed for women, this 20-session group program will help women identify forceful behaviors, the effects of on children and learn about defense mechanisms, healthy boundaries, conflict resolution, and healthy relationships.

CHOICES: Is a 12-week counseling program for teens. It covers discussion topics including emotional abuse and mind games, jealousy and manipulation, abuse of siblings and parents, substance abuse, and communication and negotiation skills.

"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:

255

people received counseling and supportive services through JCNV in 2025 to learn alternatives to using abuse in their relationships

