

# COMMON QUESTIONS

## Who comes to Men's Group?

Most of our participants have been court-mandated or required by probation to complete a batterers' intervention program. Other men have contacted us themselves in order to gain a better understanding of how to not choose abusive behaviors.

## What will I learn in Men's Group?

Our participants learn a great deal more than "abuse is bad." We'll help you deal with your feelings and emotions. We all have our good days and bad days. We all experience stress in our daily lives. But we can help you learn to manage that stress and improve your relationships. Most importantly, we'll help you recognize that abuse is a choice – not a sickness. You, and only you, are responsible for your behavior.

## What won't I learn in Men's Group?

You won't learn that there are justifications for abuse. While there are certainly justifications for anger, there is no justification for choosing to act abusively. You also won't learn how to save your relationship. While we do teach skills to help you build respect, trust, and support within your relationships, our sole focus is on stopping abusive behaviors and keeping you and your partner safe.

## Are you trying to change me as a man?

Absolutely not. We're not trying to change who you are. We're trying to help you learn from the times you've chosen abusive behaviors. If you can identify those thoughts and feelings just before you've chosen to act out abusive behaviors, you are better equipped to make safer choices next time.



AWARD FOR  
EXCELLENCE

United Way Contributor's Choice Code #110  
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Women's Center  
& Shelter  
of Greater Pittsburgh

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Administration: 412.687.8017  
info@wcspittsburgh.org  
www.WCSCanHelp.org

M·E·N·S  
G R O U P

Men Embracing Non-Violence & Safety

# THE MEN'S GROUP

Abuse is a choice.  
So is changing your behavior.  
**We can help.**



Women's Center & Shelter  
of Greater Pittsburgh



This program is just a first step. It requires personal motivation and the desire to change. The men who participate in our program are committed to recognizing violence and abusive behaviors. So they choose a different path.

#### **The Men's Group supports you in reconsidering:**

- How your thoughts and attitudes put you at risk for choosing abusive behaviors.
- How choosing controlling behaviors can create conflict within your relationships.
- How responsible decision-making can lessen your stress.
- How your personal growth can impact others around you.

#### **The Men's Group Structure**

Size: 5-15 men

Format: Structured lessons and open discussion

Class Length: 2 hr/sessions for 24 sessions

Cost: \$15 for each intake due at time of intake appt.

\$5-50/weekly session (income-based)

**To enroll, call (412) 687-8017 ext. 340.**

Leave a message saying that you would like to be enrolled, and the coordinator will return your call to schedule your intake.

If you have been court-ordered, you must call within 10 days of your order.

#### **Expectations**

Confidentiality. All personal stories heard within group stay in the group. If someone is found to have broken confidentiality, he will be asked to leave the group.

A safe space. No verbal or physical threats will be tolerated. Anyone making such threats will be discharged from the program.

Above all, respect. Respect your group members and facilitators in what you say and what you do. Please be on time for your meetings and appointments. If you have to cancel, do so 24 hours in advance.

#### **Procedure**

Call The Men's Group at (412) 687-8017 ext. 340. Leave a message to speak with the coordinator about your interest.

The coordinator will return your call to tell you more about the program and set up an intake session to learn more about you.

Please be on time to your intake session. The session will last 45-60 minutes. If you are more than 15 minutes late, you may need to reschedule your session. Bring copies of any court documents, proof of income and intake fee to your intake session. If you're accepted, you're cleared to begin The Men's Group.



#### **Abuse is a Choice.**

The choice to accept responsibility and be accountable for your behavior is yours alone. The process is likely to be long and difficult. And may be without rewards or support from your partner.

You will, however, have support from the men and the facilitators in this program as you navigate through your journey. You will learn the skills and tools to reconsider your thoughts and your chosen behavior.

Completing this program is no guarantee of making safer choices. The Men's Group program helps men better understand how their thoughts, actions and behaviors affect the things that they care about. We can provide the information. But the work must be done by you. Our desire is to keep everyone – you, your partner and your children – safe throughout this journey.

#### **Change is possible. The choice is yours.**

The mission of Women's Center & Shelter is to advance the safety and wellbeing of victims of intimate partner violence and prevent and respond to intimate partner violence through social change.

#### **WC&S Primary Service Area**

The City of Pittsburgh & Allegheny County

24-Hour Hotline (412) 687-8005

Legal Advocacy (412) 355-7400

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

#### **WC&S Services**

24-Hour Hotline

Legal Advocacy Civil Law Project

Emergency Shelter

Children's Program

Medical Advocacy

Empowerment Center

Education

Men's Group



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of Greater Pittsburgh