



## **WC&S MENS Group** (Men Embracing Non-Violence & Safety)

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

The MENS Group supports you in understanding:

- How your thoughts and attitudes put you at risk for choosing abusive behaviors.
- How choosing controlling behaviors can cause harm in your relationships.
- How using responsible decision-making can lessen your controlling behaviors and choices.
- How your personal growth can impact others around you.

The group sessions are led by experienced, trauma-informed facilitators. Participants learn how to communicate, negotiate personal conflict in their lives, develop self-awareness about their behavior, and experience accountability.

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



Scan for more  
information

**WC&S Primary Service Area:**  
The City of Pittsburgh & Allegheny County  
**24-Hour Hotline:** (412) 687-8005  
[wcpittsburgh.org](http://wcpittsburgh.org)

## The MENS Group Structure

**Size:** 5-15 men

**Format:** Structured lessons and open discussion

**Class Length:** 2 hr/sessions for 24 sessions

**Cost:** \$15 for intake. \$5-50/weekly session  
(income-based)

*\*WC&S's MENS Group is an Allegheny-County approved program.*

## 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.

## Abuse is a Choice.

The choice to accept responsibility and be accountable for your behavior is yours alone.

You will, however, have support from the men and the facilitators in this program as you navigate through your journey.

The MENS Group program helps men better understand how their thoughts, actions and behaviors affect the things that they care about.

Our desire is to keep everyone – you, your partner and your children – safe throughout this journey.

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

**Our vision at Women's Center & Shelter is to end domestic violence and create safe spaces for help, healing, and hope.**

Most of our participants have been court-mandated or required by probation or CYF 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.



Women's Center & Shelter  
of Greater Pittsburgh