

ALTERNATIVES to domestic violence

WHAT is Alternatives?

Alternatives is a 15-class program with weekly classes (1.5 hours)

Alternatives is a domestic violence education program designed to challenge the beliefs and attitudes of men who have been abusive to their partners or ex-partners.

Alternatives works closely with the criminal justice system, advocating that men be held accountable for their abusive behavior. Attending **Alternatives** in no way ensures that the person will stop their abuse and violence.

WHERE is Alternatives?

Alternatives classes are located at
449 E. Washington St., Syracuse, NY.

WHEN is Alternatives?

Orientations are held the first and third
Wednesday of each month at 5:15 pm

Weekly classes are held on various days and
times.

Program Cost:

Fees are on a sliding scale, based on take-home
pay.

For More Information:

For more information or to register for the next
Alternatives orientation, please call or visit:

 (315) 425-0818

 www.verahouse.org



Core Themes

Beliefs & Actions

Dynamics of Domestic Violence

Effects of Domestic Violence on Children

Effects of Domestic Violence on Women

Male Socialization

Nonviolent Communication Skills

Oppression of Women & Male Privilege

Personal Responsibility and Choices

Power and Control Wheel

Quick Fixes Vs. Long-Term Solutions

Sexual Abuse

Timeouts and Positive Self-Talk

