



NOVA VITA  
Help • Hope • Heal

Domestic Violence Prevention Services

## Services for Men



Nova Vita offers trauma-informed counselling for men\* who have experienced abuse and/or who have caused harm in their relationships.



For More Information

☎ **519-752-1005 x 242**

✉ **INFO@NOVAVITA.ORG**

## COUNSELLING FOR MEN

For men\* (18+) who have experienced violence or abuse in their relationship.

Our services include:

- Individual counselling
- Safety planning
- Trauma-informed support
- Harm-reduction support
- Information & resources
- Referrals to community supports
- Resources for cultural & diverse needs



## CHALLENGE TO CHANGE

For men\* (18+) who have caused harm, used violence, or are at risk of using violence in their relationship. Our Challenge to Change programs include:



- Partner Assault Response (PAR) Program
- S.C.R.I.B.E.
- Differential Response
- Caring Families
- Individual Counselling

\*Includes gender-diverse individuals

## 24 HOUR CRISIS & SUPPORT

☎ 519-752-HELP (4357)

💻 [NOVAVITA.ORG/CHAT](https://www.novavita.org/chat)

59 North Park Street, Brantford, ON N3R 4J8

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