

Counselling Services for Men



Counselling for men (16+) who have experienced abuse or who have caused harm in their relationships. Services now available at Nova Vita's new satellite office.



OFFICE LOCATION
125 Sherwood Dr, Upper Unit 38
Brantford, ON | 519-750-3195

Entrance on Left Side of Building

FOR MORE INFORMATION

📞 519-750-3195 ✉️ info@novavita.org
💻 novavita.org/services-for-men

Challenge to Change provides trauma-informed counselling for men (16+) who have experienced abuse or who have caused harm in their relationships.

INDIVIDUAL COUNSELLING

- Confidential and non-judgmental support for men
- Strength-based, trauma-informed approach
- Safety planning
- Information and referrals to community services and programs
- Resources for cultural and diverse needs

GROUP COUNSELLING

- Small groups to talk, connect, and heal
- Parenting groups for dads
- SCRIBE (Self, Character, Relationship, Interaction, Boundaries, Esteem)
- PAR (Partner Assault Response)
- And other groups on building healthy relationships, managing emotions, and more

RURAL COUNSELLING

- In-person, phone, or virtual sessions also available in Brant County

24 HOUR CRISIS & SUPPORT

📞 519-752-HELP (4357)
💻 NOVAVITA.ORG/CHAT



NOVA VITA
Help • Hope • Heal

novavita.org | @NovaVitaBrant  

