

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 ✉ C2C@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

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