



TO



GETTING HELP

- Alternatives offers a 26-class program with weekly classes (1.5 hours)
- Various days and times available.

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

 **315-425-0901**

PROGRAM COST

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



TTY Crisis Line (business hours)

 **315-484-7263**

Vera House, Inc.

Administrative & Outreach Offices

6181 Thompson Road / Suite 100 •
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 phone: 315-425-0818 •
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 www.verahouse.org •

Alternatives

TO DOMESTIC VIOLENCE



Do you hurt the person you love?

Are people you love afraid of you?

• **YOU HAVE A CHOICE**

• **WE CAN HELP**

•  **315-425-0901**

VERA HOUSE
 INCORPORATED



What is *Alternatives*?

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

Alternatives works closely with the criminal justice system, advocating that men be held accountable for this behavior.

Attending Alternatives in no way ensures that a man will stop his abuse and violence.



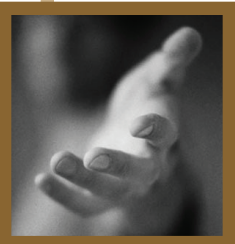
Alternatives Program Principles...

- **People can act non-violently in relationships. We can build healthy, respectful relationships.**
- **Domestic violence or abuse is wrong. It is a crime. No one deserves to be abused.**
- **Abuse may be learned. However, it is always a conscious choice.**
- **Traditionally, men have had power over women in our society. Violence and abuse have, unfortunately, been effective means to maintain this injustice.**
- **Abuse is used to control one's partner.**
- **Only the person who commits the violence can stop it. Reasons like "I lost control," "she provoked me" or "I was drunk" are excuses to avoid responsibility.**
- **Domestic abuse is not "mental illness." Men learn to be violent from social messages, peer encouragement and family role-models.**
- **Accepting responsibility for one's actions is the first step to change.**

Alternatives background

Alternatives is part of Vera House, a not-for-profit organization which has assisted survivors of domestic violence & sexual assault in Onondaga County for over 30 years. In 1989, the Alternatives program was started to provide a forum for men to learn:

- **that men have no right to control their female partners**
- **that each person is completely responsible for his/her own behavior**
- **what domestic abuse is and how it affects the victim & children**



You can create relationships based on respect and equality rather than control and abuse.

To learn more about the Alternatives Program please visit our website at:

WWW.VERAHOUSE.ORG