**Alternatives** to domestic violence

**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 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