

# STEPS

Program

## WHAT *is* STEPS?

**STEPS** is a 15-class program with weekly classes (1.5 hours each class).

## WHERE *is* STEPS?

**STEPS** classes are located at  
449E. Washington St., Syracuse, NY

## 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 **STEPS** orientation please call:

 (315) 425-0818



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

**STEPS** works closely with the criminal justice system, advocating that women be held accountable for their abusive behavior.

Attending **STEPS** in no way ensures that a person will stop their abuse and violence.

## Core Themes

Power & Control Wheel

Dynamics of Domestic Violence

Effects of Domestic Violence  
on Children

Personal Responsibility & Choices

Quick Fixes vs. Long-Term Solutions

Effects of Domestic Violence on our Partners

Sexual Abuse

Beliefs and Actions

Nonviolence Communication Skills

Timeouts and Positive Self-Talk

Myths & Realities of Domestic and Sexual  
Violence

Red Flags and Deal Breakers

Questions to Ask Yourself Before Starting a  
Relationship

For more information about the STEPS Program please visit [www.verahouse.org](http://www.verahouse.org)