



## PARTNER ASSAULT RESPONSE (PAR)

### The PAR program has two primary goals:

#### 1) Increasing offender accountability

Individuals who have pled or been found guilty of a domestic offence attend a twelve week group counselling program facilitated by two PAR staff members.

These facilitators move participants through a series of structured exercises that encourage them to examine their habits, beliefs, and behaviours.

Participants are given an opportunity to understand that past choices, beliefs, and behaviours were a means to gain power and control over their partners.

Separate groups are available for women who have pled or been found guilty to a charge of partner abuse.

#### 2) Enhancing victim safety

The PAR program has a partner contact component whereby the victims and any current partners of participants are offered support by a partner contact counsellor.



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**"I found I always had reasons or justification for my actions."**

**"This program made me realize that I can't control or fix anybody but myself. For the first time in my life I really feel like I have control and an understanding of my relationship not only with myself but with others."**

*- Participant Comments*

**Groups are available in Kingston and Napanee.**



**Counselling & Community Services  
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