

# *Domestic Violence Intervention Program*

## *21 Week\* Structured Curriculum*

*Lasting changes don't happen overnight.*

*The August Project is conducted by a trained group facilitator and experienced counselor. Group process, assessment and education support opportunities to create non-abusive relationships based on mutual respect, trust and support.*

### **Our Curriculum Includes:**

- What is domestic violence?
- Identifying the cycle of violence, power and control in relationships.
- Domestic violence myths.
- Examining behaviors, attitudes and communication.
- What is anger?
- Discovering appropriate expressions of anger.
- What about my family of origin?
- The male and female brain.
- Social expectations for men and women.
- Men and their emotions.
- Defining the healthy relationship.
- Equality in relationships.
- Relationships and sex roles.
- Dirty and fair fighting.
- What are passive aggressive, aggressive and assertive behaviors?
- Defining healthy behavior patterns.
- Problem solving without violence.
- How do victims feel? (developing empathy)
- Ways we damage and offend our children.
- Parenting and raising healthy children.
- Guilt and shame in our lives.
- Intimacy in relationships.
- Living a reactive lifestyle.
- Forgiveness - getting and giving it.
- Creating lasting change in behavior, actions and attitudes.



**Helping to Keep Families Safe**

***What to Expect:***  
Initial assessment and group orientation is required.

Participants will complete twenty-one weekly group sessions.

Groups meet at the Family Services office in the evening.

Regular attendance and group participation is expected.

***Program Costs Include:***  
One time fee for initial assessment and flat rate for weekly group sessions.

***Please contact our office for an appointment and to discuss program fees and payment options.***

**(937) 222-9481**



### *What is it?*

The August Project is a 21 week\* psycho-educational domestic violence intervention program.

### *What is the Purpose?*

The program teaches individuals to take responsibility for their violence and abuse, and discover attitudes, behaviors and resources that support a non-violent lifestyle.

### *What is the Goal:*

To keep victims, children and families safe from domestic Violence by helping individuals use their inner compass to guide their actions in a positive direction.

*\*21 week minimum based on individual participation.*



*Partners in Strengthening Families & Communities*

**Family Services Office:  
2211 Arbor Blvd.  
Dayton, Ohio 45439**

**(937) 222-9481 (Voice/TTY)  
(937) 641-8186 (Video Phone)  
(937) 222-3710 (Fax)**

**Email: [information@fsadayton.org](mailto:information@fsadayton.org)  
[www.fsadayton.org](http://www.fsadayton.org)**

*Our Mission: To strengthen families and communities through counseling, education, community building and advocacy.*

**Family Services is an  
Equal Opportunity Employer &  
Service Provider**



# The August Project



## *Domestic Violence Batterer's Intervention Program*

A program of



*Partners in Strengthening Families & Communities*