

# Center for Nonviolence Youth Program

We offer educational groups for young people between the ages of 7 and 17 who have experienced violence in their lives as victims, perpetrators, or both.

*All services offered in English and Spanish*

## **Contact information:**

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## **Anger Management/Violence Intervention**

Participants sign a contract agreeing that they are willing to learn about and practice nonviolence by attending two one-on-one meetings with staff and 12 interactive group sessions for a total of 14 sessions.

## **Critical Thinking/Thinking Errors Program**

Participants sign a contract agreeing to learn about and put into practice critical thinking and nonviolence skills. The participant will attend a one-on-one intake conference and seven sessions. At the completion of the 7th session, the staff will assess the participant's progress to determine whether they have qualified for early release from the program.

## **Individual Sessions**

The Center for Nonviolence Youth Program can provide individual sessions for youth, on an as needed basis, in order to support them further as they are struggling with violence or thinking errors in their lives. These sessions provide more individualized support, are free of charge and available during, or upon completion of, the program.

## **Basic Program Goals:**

- Increase understanding of violence and nonviolence and their effects
- Teaching participants to recognize, manage, and control their anger
- Encourages participants to take accountability for their thoughts, words, body language, and actions
- Increases participants' ability to resist peer pressure
- Help participants change their patterns of indifference towards everyday life
- Teach participants to think critically about their life's issues
- Increase participants' ability to handle confrontational or risky situations in life



*Inspiring Change. One Person...One Family...One World*