

## Our Mission

We partner with you to manage life's challenges.



## Our Services

- Individual, Couple & Family counselling
- Counselling for women & children who have experienced abuse
- Partner Abuse Response Program
- Caring Dads Program
- Counselling for sexual abuse survivors
- Employee Assistance Programs
- Supervised Access Program
- Family Life Education Courses
- Credit Counselling and Financial Fitness

## Who We Are

- A family counselling agency providing service to the community since 1954
- A member of Family Service Ontario
- Accredited by OACC and CACC



## Locations

### Burlington Office

777 Guelph Line, Suite 207 Burlington Mall Office Galleria  
Burlington, ON L7R 3N2  
Phone: 905-637-5256  
Fax: 905-637-8221

### Milton Office – Counselling

400 Main Street, Suite 207  
Milton, ON L9T 4X5  
Phone: 905-845-3811

Thrive Counselling is a registered charity.  
Donations gratefully accepted.  
Charitable Registration #107462384RR0001

**905-637-5256**  
**1-866-457-0234**  
**thrivecounselling.org**

### Funded by



MINISTRY OF THE ATTORNEY GENERAL

Funding of this Program  
is provided by the  
Government of Ontario.

The views expressed in our publications are the views of Thrive Counselling  
and do not necessarily reflect those of the Province.



## Credible Changes

A Partner Abuse  
Response Program



## About The Program

Credible Changes is an educational & counselling program for people who have used abusive behaviours with their partners in the past, and who wish to learn how to stop doing so from now on.

If you have had trouble believing that you can change your behaviour for the better, this program will show you that credible and lasting change is indeed possible.

Ready to take the first step? The Credible Changes program will give you both the reasons and the strategies to:

- Take responsibility for your own behaviour
- Understand that using abusive behaviour is a choice, not a necessity, and that it's within your power to choose non abusive behaviours instead
- Adopt new, non-harmful, positive ways of communicating with your partner

### Topics Include

- Creating goals to make changes
- Negative versus positive self talk
- Understanding what behaviours are seen as violent & abusive
- Identifying the impact of behaviour on partners & children
- Identifying the impact and personal costs of these behaviours
- Learning about the impact of using alcohol and drugs

## Just the facts

An orientation meeting is the first step.

The group program is 12 weeks;  
2 hours per session.

Participants must attend all 12 sessions.

Men's groups are offered in Burlington & Milton.

Women's groups are offered in Burlington.

Individual sessions are provided for those with same sex partners.

Participants are referred by the Court or Probation Services. All charges must be resolved prior to beginning the program.

Fees are based on a sliding scale.

Interpreters are provided at no cost, if required.

While participants are in the program, staff will provide their partners with safety planning, referrals to community resources, and information about the Partner Abuse Response program.

## Credible Changes

Credible Changes offers hope for participants to learn, make changes and develop more loving relationships with their families. We do so not by lecturing or shaming, but rather, by sharing proven strategies that have helped many others to gain lasting control over their own behaviour.

### You can do it, and we can help.

Participants come to the program with many different stories. Although each story is unique, there are elements that they all share in common.

Working together in a guided group setting, participants help each other to recognize attitudes and behaviours that support healthy partner relationships and develop new communication skills.

## “What participants say about Credible Changes Program”

“Quite frankly, I was really upset when I first found out that I had to take this course; but now that I have completed it I can truthfully say that I have learned a lot about myself.”

“So much has changed for me and the way I am now choosing to live my life.”

“People make mistakes in life and some affect us more than others. But to learn from a mistake is to grow. I feel I have grown as a result of the program.”

905-637-5256  
1-866-457-0234