

## JHS & Community

The John Howard Society of Simcoe & Muskoka has been providing services to members of the community since 1998.

The John Howard Society of Simcoe & Muskoka provides a broad range of evidence-based and outcome-driven community services in Simcoe & Muskoka, with offices in Barrie and Orillia. Our organization has a strong history of helping individuals and families who are at risk of, or who have come into conflict with the law. Our work includes the provision of prevention and intervention services as well as advocacy, public education, and community partnerships.

Our diverse client group includes youth and adults, males and females, from a wide cross section of social, cultural, and ethnic backgrounds represented in our community.



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# Preventative Measures Program

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## What is the Preventative Measures Program (PMP)?

The Preventative Measures Program strives to increase access to support and counseling that promotes pro-social behaviour(s). Upon completion, participants will have learned the skills needed to be better able to understand their emotions. By utilizing cognitive behavioural therapy the participant will examine the links between their thoughts, feelings, and behaviour(s) thus being able to implement positive coping strategies into their daily lives.

## Who is eligible to participate?

The program is available to males and females 12 years of age and older.

## Programs offered through PMP

- ✓ Emotions Management
- ✓ Substance Abuse Counseling
- ✓ Creating and Maintaining Healthy Relationships
- ✓ Conflict Resolution
- ✓ Life Skills

## How long does this program run?

The Preventative Measures Program will run between 8 to 10 sessions, with each session being 45 minutes in duration.

## FAQ

### *Q: Do I need a referral to participate in the PMP?*

No. You are not required to have a referral from a third party.

### *Q: Is there a fee to participate in the PMP?*

No. Thanks to funding from United Way Greater Simcoe County there is no cost to the participant.

### *Q: Does the PMP accept referrals involving domestic violence issues?*

No. At this time we do not provide support for those faced with domestic violence related charges. We advise that you contact your family doctor for a referral to an appropriate program offered by other agencies.



Picture courtesy of City of Barrie, Ontario.

*“Effective, just, and humane responses to crime and its causes”*



Picture courtesy of City of Barrie, Ontario.