

## STRUCTURE

- Ages 15-24
- Program length: 10 weeks
- Offered to individuals identifying as female, 2SLGBTQ+ and allies
- Group sessions
- 1:1 counselling
- Offered in person and virtually
- Cost free

## Contact Us

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Women and Gender  
Equality Canada

Femmes et Égalité  
des genres Canada



**john howard society**  
York Region

# ENDING THE CYCLE

## WHAT IS ENDING THE CYCLE?

Ending the Cycle is an early intervention program designed for young persons who have been witness to emotional and/or physical abuse, neglect, aggression, or high-risk behavior within their familial unit.

This program is an evidence based group intervention rooted in trauma informed best practices designed to change behavior; better understand gender based violence; identify barriers; create and learn about boundaries; and examine belief systems about intimate partner violence within young persons.

PARTICIPANTS WILL SPEND TIME EXPLORING THEIR EMOTIONS; WHAT MAKES THEM VULNERABLE; AND WHAT THEY NEED TO FEEL SAFE. MOST IMPORTANTLY, PARTICIPANTS WILL EXAMINE HOW TRAUMA IMPACTS THEIR LIVES AND HOW THEY CAN ACKNOWLEDGE AND OVERCOME BARRIERS.



## TOPICS

- INTRODUCTION
- UNDERSTANDING GENDER BASED VIOLENCE
- HEALTHY RELATIONSHIPS & CONSENT
- STEREOTYPES & BUILDING AWARENESS
- BELIEFS, BEHAVIOURS & BOUNDARIES
- COMMUNICATION & IDENTIFYING EMOTIONS
- MENTAL HEALTH & RESILIENCY
- CREATING CHANGE IN YOURSELF
- PERSONAL SAFETY & PLANNING FOR THE FUTURE
- MOVING ON & MOVING FORWARD