

ENDING THE CYCLE



Ending the Cycle is an early intervention program designed for youth who have witnessed emotional and/or physical abuse, neglect, aggression, or high-risk behavior themselves or within their familial unit.

This is an evidence based **group or one-on-one** intervention program rooted in trauma-informed best practices designed to examine unhealthy behaviors; identify barriers; create and learn about boundaries; and examine belief systems about domestic/intimate partner violence. Sessions are available in person and/or online.

DO ANY OF THESE APPLY TO YOU?



Youth residing in York Region



Able to commit to 10 weekly sessions



Identify as female and/or 2SLGBTQ+



Looking for safe, judgement free support



Honorarium provided for group completion

NOTES



Women and Gender
Equality Canada

Femmes et Égalité
des genres Canada

CONTACT US

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STAY UPDATED



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SOME TOPICS OF INTEREST...

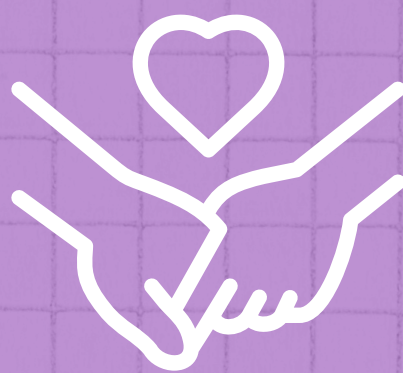


Identifying our
emotions and how
they affect our
communication



Mental Health
and Building
Resiliency

Healthy
Relationships
and Consent



Understanding
Gender Based
Violence



john howard society

York Region