

The Positive Change Programme

Description

Service Description

What happens in the Positive Change Programme?

We know it can be tough facing up to difficult problems. We want to support you to make the changes you need, so that you can be around your partner and children without hurting or scaring them. Talking about your problem will help you understand it better and make it easier to deal with.

The Positive Change programme starts with an individual assessment, where you will meet with a worker who will help you to explore the impact of your behaviour and decide if the group will be right for you.

Each group is facilitated by two workers. Weekly evening sessions will help you learn how to:

- Develop respect for yourself.
- Become a better parent.
- Recognise abusive behaviours and the warning signs that lead up to them.
- Develop self control to end behaviours you don't feel comfortable about.
- Practice ways to choose alternatives to violence and abuse.
- Recognise the effects of your violence on family members.
- Develop ways to show your love and respect for (ex) partners and children.
- Understand how you developed the need to control others – looking at your upbringing and society and questioning what you've learned.

We offer take-home exercises and teach skills to help you to transform your relationship for the better.

Additional Information

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Do you need the Positive Change Programme?

Have you ever acted like this towards your partner?

Physical abuse: Slapped, punched or kicked her, pushed / shoved her or restrained her.

Intimidation: Punched walls / doors, smashed things, frightened her by looks, gestures or actions.

Isolation: Kept her from going places (school, work etc), disapproved of her friends and relatives, questioned her about her whereabouts.

Minimizing, denying and blaming: Made light of abuse, said abuse was her fault or blamed it on drink or stress.

Using children: Told the children she was not a good mother, threatened to take the children away, told the children they don't need to follow her rules, undermining her authority.

Coercion and threats: Threatened to harm her, threatened to harm her friends or relatives.

Suitable for ages

Age of Users

From **16 years** to **99 years**

Costs

Cost

Free

Questions & Answers

Has A Service Description? Yes

Further Information

Provider Type

Social Care Advice |

Delivery Channels

In Person |

Referral Criteria

By Appointment Only |

Provider

Social Care Advice

Eva Armsby Family Centre

Contact Details

Telephone No

020 7364 3015

Email Address

pcp@towerhamlets.gov.uk

Address Details

Street Number

Eva Armsby Family Centre

Street

6 Glamis Road

Town

London

Postcode

E1W 3EG

Opening Times

Monday from 09:00 to 17:00

Tuesday from 09:00 to 17:00

Wednesday from 09:00 to 17:00

Thursday from 09:00 to 17:00

Friday from 09:00 to 17:00

Similar Organisations

Stepney Park Primary School
Getting On With Money @ Bromley By Bow Centre
Tower Hamlets Drug Intervention Programme
Downs Syndrome Association
Strouts Place Medical Centre