

## Programme Details

### The Programme involves:

- An assessment
- Up to 10 individual sessions of an hour each
- Up to 30 sessions in a group lasting two hours each.

The sessions are divided into modules, each one covering a different aspect of domestic abuse. The maximum number of men in the group is 8.

Once you have started on the programme there will be an expectation that you will stick at it. Men say it is more uncomfortable at the beginning (see quotes) but is worth sticking at.

# REPAIR

Helping men to stop their Domestic Abuse

## Contact Details

If you wish to find out more or refer yourself ring:

**North Devon**  
**07773 394278**

**South Devon**  
**07816 549113**

**Exeter, East and Mid Devon**  
**07870 980272**

or ask a local agency that you are involved with like your **GP, Social Services, Health Visitor, Addaction, Community Health Worker, Housing Officer, Police Domestic Violence Officer, Victim Support, Solicitor** etc to refer you.

[www.devon.gov.uk  
/domesticviolence](http://www.devon.gov.uk/domesticviolence)

**REPAIR: Resolved to Ending  
Power and Abuse In Relationships**

# Domestic Violence

**MEN! Do You Want To Stop?**

# REPAIR

Helping men to stop their Domestic Abuse

## The REPAIR Project can help

### A programme to help men

- Understand their abusive behaviour
- Understand how it affects their partner and children
- Take responsibility for stopping their abuse and to learn respectful behaviour

**adva**  
against domestic violence and abuse  
in Devon

A Project of the ADVA Partnership

## Is this you?

- I have a problem with jealousy
  - I shout at my partner and say things I later regret
- I sometimes hit my partner and smash things at home
  - I am worried my behaviour is affecting the children
- This has happened before. Am I ever going to have a happy relationship?

Do you WANT TO CHANGE your behaviour?

**REPAIR** can help

## Men who are on this programme say...

"The first step (saying what I had done) was the hardest step but the best step I could have made."

"I look forward to coming to the group now because I feel a weight off my shoulders when I understand myself better."

"It's uncomfortable to start with but feels better than how I feel after I've hurt the people I love."

"Sharing my experience with others who have been abusive makes me realise I am not alone with this problem."

"It's like going to the dentist - painful at the time, but avoids a lot more pain later."

