

# THE CYCLE OF VIOLENCE

Violence ranges from a sexist joke to physical and sexual assault. An empowered bystander is an individual who says no to sexist, and violent behaviour.



Speak out against sexist jokes and behaviours.

Build healthy relationships.

Speak to other men about your experiences.

Build a community where violence is not the only option.

**Let's Break the Cycle!**

# MANifest Change

## ENGAGING MEN: Breaking the Cycle of Violence

Tel: 613-237-1000

Learn more at [OCTEVAW-COCVFF.ca](http://OCTEVAW-COCVFF.ca)



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## About I can MANifest change

**This project** seeks to end violence against women through positively engaging men and boys.

**This brochure** is designed to engage men and boys in a conversation about violence. It will also provide resources for men to address their own behaviour or personal trauma.

**We believe** that as a group men can help end violence against women.

**We believe** that one way to end violence against women is to empower men to have empathy and solidarity by providing a space for men to speak about their lives, their behaviour and their possible experiences with violence.

**We believe** to end violence against women we must engage men and create community accountability to end violence against women.

**We believe** that men can take positive steps to addressing their own behaviour.

**We believe** that men can be empowered bystanders in addressing violence against women.

**We know** that past experiences of trauma contributes to the cycle of violence. We also know that taking accountability for behaviour is an important step.

**We know** that men and boys are taught to limit the emotions they express.

**We know** that men and boys are taught to express their anger through violence.

## How you can MANifest Change

Our goal is to provide men with the knowledge and the tools to address violence in their own communities.

Men and boys are a complex and diverse group with unique experiences.

Men have a **Tool Box** filled with different ways to address violence against women and other men.

Men can and are bringing a unique voice to the conversation.

### As a man...

**You can:** Learn how to be a bystander who says no to sexist jokes and behaviours.

**You can:** Build a community of empowerment where you can discuss the issue of violence against women.

**You can:** Build a community where it is okay to speak about the violence we have experienced and say no to further violence.

**You can:** Change how we communicate so that men and boys can express themselves with many different emotions.

**You can:** MANifest change.

## OTTAWA RESOURCES



### Catholic Family Service Ottawa

#### Services designed for men:

Anger management, sexual assault support, childhood trauma, healthy fatherhood, mental health, addictions, partner assault response, legal aid, support, and advice, education and outreach, LGBTQ support services (trans\* inclusive), victim services, services for men with cognitive disabilities, service referrals

Accessibility: Wheelchair accessible, Audio recordings and electronic materials available

Language: English, French, Farsi. Translation (free) available to other languages, ASL, QSL

#### Contact:

310 Olmstead Ottawa, ON K1L 7K3  
Tel: (613) 613-233-8478

### Wabano Centre

#### Services:

New Beginnings – This healing circle supports Aboriginal men in exploring issues of self-care, healthy lifestyles and addictions using traditional healing methods.

#### Contact:

299 Montreal Road, Ottawa, ON K1L 6B8  
Christina McNeill, OW/Addictions Worker  
Tel: (613) 748-0657 x239

### The Men's Project

#### Services:

Male-centered therapy, anger management, sexual assault support, childhood trauma, healthy fatherhood, previously incarcerated, services for gay, bi, queer, trans\* men, education and outreach, victim services, emotional intelligence, sexual integrity, crisis intervention, service referrals Age: 16+

Languages: English and French (individual services)  
Clients can request gender of worker. Ramps and elevators, no automatic doors. Costs: Sliding scale

#### Contact:

180 Argyle Avenue, Suite 321, Ottawa, ON K2P 1B7  
Tel: (613) 230-6179  
Fax: (613) 230-6173

### Lowertown Community Resource Centre

#### Services:

Healthy relationships, mental health, addictions, partner assault response, education/outreach, evaluation, referral, crisis counselling, victim services, food

Area serviced: Lowertown catchment area

Accessibility: Wheelchair accessible Language: French, Somali, Arabic, English sign language

#### Contact:

40 Cobourg Street, Ottawa, ON K1N 8Z6  
Tel: (613) 789-3930  
Fax: (613) 789-3443

### Circles of Support and Accountability

#### Services:

Long term services for men who have been incarcerated. Sexual assault support, childhood trauma, healthy relationships

Accessibility: Wheelchair accessible, services for men with disabilities, trans\* inclusive

Languages: English only

#### Contact:

303-200 Isabella Street, Ottawa, ON K1S 1V7  
Tel: (613) 288-2284  
Fax: (613) 237-6129

### Youth Services Bureau Services

#### Services:

Mental health, community and housing, employment, youth justice LGBTQ inclusive, Youth 12-22

Language: French, English

#### Contact:

Tel: 613-241-7913  
24/7 Crisis Line: 613-260-2360