I learned that the process of change begins with being totally honest.

As I began to identify my beliefs and understand them, that opened the door to change.

– Former Participant

New Choices Groups for Women

New Choices provides a group for women who have used violence with their intimate partners. The program consists of an intake session, orientation, group sessions and an exit interview. For information, contact us at 746-0405.

Program Standards and Model

The New Choices Program meets the North Dakota Batterers’ Treatment Standards and is based upon a nationally acclaimed model developed by the Domestic Abuse Intervention Project in Duluth, Minnesota.

Other CVIC Programs

- COMMUNITY INNOVATIONS
  Education and training on violence and strategic collaboration to improve our response to violence.
- KIDS FIRST
  Supervised parenting time and child exchanges.
- LIGHT OF HOPE
  Crisis intervention, counseling, shelter, housing and legal services for individuals experiencing domestic violence, sexual assault or stalking.
- PATHWAYS TOWARD JUSTICE
  Court advocacy for victims of crime.
New Choices
GROUPS FOR MEN

Who should enroll?

New Choices groups for men are designed for men who have used physical, psychological or sexual abuse to control their partners.

Abuse includes pushing, hitting, strangling, threatening, name-calling, being extremely jealous, preventing your partner from seeing friends or family, or forcing her to perform sexual acts against her will.

Why not anger management?

Anger management does not address the complexities of intimate relationships or the root causes of violence, including beliefs and attitudes about women, and the dynamics of control underlying the abuse.

How do I sign up?

To sign up for an intake assessment to determine if our groups are appropriate for you, just call the New Choices coordinator at 746-0405.

If you have been court-ordered to attend New Choices, we will cooperate with the prosecutor’s office and courts to ensure accountability.

What is the cost?

Each group session is $30, with the full program totaling $880. A sliding fee scale is available.

Through education, discussion and self-reflection, New Choices provides opportunities for individuals to end their violence and control and begin to build intimate relationships based on respect, trust and freedom.

How does the New Choices Program work?

INTAKE ASSESSMENT

Our New Choices staff will meet with you to determine if our group is appropriate for you. If you have been court-ordered to attend, we will assist you by notifying the court of our recommendation.

ORIENTATION

If you are accepted into our New Choices Program, we will provide a one-hour session to orient you to the group process.

GROUPS

Our program consists of 27 group sessions that follow the three-week cycle described below.

1. Education on abuse: Every three weeks, we introduce a theme of power and control, which includes:
   • Coercion, threats and intimidation
   • Emotional abuse, minimizing and blaming
   • Physical and sexual violence
   • Economic abuse: giving her an allowance or taking her money

2. Self-reflection: The subsequent week we look at how your behavior may have impacted your partner and any children in the home, and we discuss how you could respond to your partner in a healthy way that includes:
   • Respect, support, trust and partnership
   • Accountability and honesty
   • Negotiation and fairness

3. Skill-building: The third week of the cycle we offer a non-controlling method to practice and apply, such as:
   • Positive self-talk
   • Compromise
   • Effective use of time-outs

EXIT INTERVIEW

After the 27 weeks of group, we conclude with an exit interview to assess what you have learned and to obtain your feedback.