PUNJABI COMMUNITY HEALTH CENTRE

SAHARA Men's Group

What is SAHARA Men's Group?

SAHARA Men's Group is in existence since July 1995. It is a linguistically and culturally appropriate psycho-educational 16 weeks group program for South Asian men. This group addresses both "violence" behaviour and substance abuse issues simultaneously. In addition, this group works closely with women and children and **provides holistic care** to the entire family. Furthermore, SAHARA Men's group facilitators use the Ontario Domestic Assault Risk Assessment (ODARA) tool which calculates the likelihood that a man who has assaulted his female partner will do so again in the future.

What is covered?

16 Sessions – Violence Component

1. What is abuse? -1
2. What is abuse? -2
3. Myths
4. Power and Control -1
5. Power and Control -2
6. Cycle of violence
7. Cycle of control
8. Anger management -1
9. Anger management -2
10. Anger management -3
11. Anger management -4
12. Effects of violence on children -1
13. Effects of violence on children -2
14. Healthy sexuality
15. Effective and non abusive communication skills
16. New man

16 Sessions – Alcohol Component

1. What is alcohol?
2. Definition of an alcoholic
3. Warning Signs
4. Nature of addictive disease
5. Drinking Chart
6. Defense mechanisms
7. Progression and recovery
8. Stages of Change -1
9. Stage of Change -2
10. Drinking and driving -1
11. Drinking and driving -2
12. Relapse Prevention -1
13. Relapse prevention -2
14. saying "NO"
15. Life after addiction -1
16. Life after addiction -2

Timings and Location:

Every Saturday from 9:30 AM to 12:30 PM
135 McLaughlin Road South, Brampton

How to Make a Referral?

To join the group or to make a referral, please call Baldev Mutta at 416-995-3920 or at 905-301-2978.
You may also email the referrals at bmutta@rogers.com or fax at 905-840-2004.
Please refer to our website at www.pchealthcentre.com

Financial support from the South Asian Community is gratefully acknowledged.

PUNJABI COMMUNITY HEALTH CENTRE
Serving Diverse Communities

Punjabi Community Health Centre is affiliated with the SAHARA Community Services.