WHO’S SUITABLE?

The Building Better Relationships programme is suitable for heterosexual adult males who committed a domestic abuse offence including use of threatening words and behaviour, and criminal damage. Service users should be assessed as medium risk of harm and medium to high risk on the Spousal Assault Risk Assessment (SARA).

“Building Better Relationships was a remarkable experience...”

...I regretted hitting my wife from the moment I did it. I was ashamed of what I had done and thought it would cause me further embarrassment to end up having to talk about it in a group. However, the BBR programme really helped me sort everything out in my head. The facilitators got me to think about my life and I realised that there were a number of reasons why I became abusive towards the person I loved. I accept that there is no chance of a reconciliation but I now have the skills and insight to ensure that my future relationships will be more caring and supportive. I owe that to my attendance on BBR.”

Former BBR group member

Find out more about RISE programmes and services:

www.risemutual.org

Contact us:

info@risemutual.org

Camden House
199 Arlington Road
London
NW1 7HA

07535 654244 (General enquiries)

RISE Mutual CIC
Registered company number 09386646

A programme designed to challenge attitudes and beliefs which contribute towards intimate partner violence and aggression.
Building Better Relationships (BBR)

WHAT IS BUILDING BETTER RELATIONSHIPS?

This programme is designed to promote lifelong changes in behaviours and attitudes which, in the past, have resulted in male service users being convicted of intimate partner violence or abuse.

The Building Better Relationships programme helps service users gain a better understanding of the impact of their aggression on their partner and families. It promotes techniques of emotional self-control so they can be better prepared to deal with the conflicts that lead to aggressive behaviour, and challenges the thinking which may justify the use of behaviour which may have caused harm to those closest to them.

BY THE END OF THE PROGRAMME

Participants will have had the opportunity to:

- Develop skills of emotional control and positive communications designed to assist in behaviour change
- Gain an understanding of how personal beliefs and values can play a part in violence and stress in relationships and how these can be challenged
- Discover and build upon personal strengths, maintain personal development and improve relationships
- Practise being a thoughtful and empathetic partner

PROGRAMME COMPOSITION

Building Better Relationships consists of 30 sessions, comprising of both group and one-to-one sessions. They are divided into 4 modules:

- Foundation
- My Thinking
- My Emotions
- My Relationships

LOCATION AND TIMES

This programme is available across London and usually comprises of two day or evening sessions every week.

CONTACT

For further details on the Building Better Relationships programme, or any other services delivered by RISE, please visit www.risemutual.org, email us at info@risemutual.org or call us on 07535 654244.