

## Other Pathways services available:

Groups : You and Me, Mum, Freedom, Self Esteem, Living Life to the Full, Building Bridges.

Other Services: Counselling and NLP.

For more information or if you would like to receive the Pathways quarterly newsletter which details new groups and relevant information please get in touch on 01226 731812.

Alternatively if you are an organisation that would like us to come and talk to you and your colleagues about what we can offer, just ask us.



## PATHWAYS FAMILY SUPPORT CENTRE

We can help

# GET IT RIGHT

*"I deserved to go to prison and I deserved to get sent here. I told the court the other day and I told the chairwoman, without this programme there would be a lot of violence in Barnsley. Its helped me ten-fold, I know it has"*



Recovery services that help you get back to being you.



### Pathways Family Support Centre

33-35 Peel Parade  
Barnsley  
S70 2RN

Phone: 01226 731812  
E-mail: [Pathways.bdv@gmail.com](mailto:Pathways.bdv@gmail.com)  
Facebook: PathwaysBDVG



## Get it Right

The Get it Right programme is designed for Men who are worried about their behaviour and would like to develop new skills.

Domestic abuse isn't about anger, its about control, and angry outburst just make a situation worse.

Behaviours are learned and with commitment from you and help from facilitators, these behaviours can change.

*“The house is mint. I come every week and tell them there's no arguments because there isn't. any There's no arguing in the house whatsoever, its mint.*

## What to expect

The group runs each week for 3 hours, both through the day and in the evening. It is around 20 weeks long which includes some one-to-one sessions.

Upon you self referring, or us receiving a referral from another organisation, you will be invited to attend an assessment, this ensures that Get it Right is the most suitable programme for you and your facilitator mutually agree this.

From there you will attend an induction before joining the main group.

Partners of those on the programme will be offered ongoing support from an integrated support worker throughout the programme.

*“My problem was that I couldn't get to grips with walking out of the house without breaking something, so before you knew it, I'd smashed up the house—that was my biggest problem, smashing the house and scaring everybody in the house”*

*“I think that every kid who leaves school should come to Pathways”*

## What does the group cover?

The programme covers 10 themes:

- 1) Non-Violence
- 2) Behaviour
- 3) Respect
- 4) Support & Trust
- 5) Honesty and Accountability
- 6) Sexual Respect
- 7) Partnership & Responsible parenting
- 8) Negotiation & Fairness
- 9) Letting Go & Moving On
- 10) Male Privilege & Moving Forward

*“If you can help lads like me, I mean, if you lads has seen me when I first walked in here, you would have walked out before me. I think the only thing that came out of my mouth was “I'm off”*