

Men's Link Peel Program

For more information on this program or the enrollment process for the support groups, please call the:

Men's Link Peel Coordinator at
905-270-2250

Or contact our Intake department at
905-453-5775

www.fspeel.org

This program is funded by:



Inclusion

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FAMILY SERVICES of PEEL



Men's Link Peel Program

A community support service for men who have been abused in childhood.

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Men's Link Peel Program

Men's Link Peel is a program for men who have experienced childhood sexual and/or physical abuse.

The program consists of:

- Peer-to-Peer Support.
- Groups.
- Individual Counselling.
- Volunteer Opportunities.
- Mentoring Opportunities.

Phase I Group

Phase I is an eight (8) week group designed to lay the basic foundation for trauma recovery work by:

- Building coping strategies.
- Increasing knowledge and awareness of post-traumatic stress.
- Awareness of the impacts of abuse and the process of recovery.

The topics of Phase I include:

- Understanding trauma and recovery,
- Handling stress and crises,
- Managing relationships,
- Identity after trauma,
- And what to expect in Healing Phase II.

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Phase II Group

Phase II is a twelve (12) week group for men who have completed the Phase I group.

This group is designed to provide opportunities for men to process historical abuse, practice building trust and develop mutual support by facilitating the process of sharing, leading to their story-telling with other group members.

Men will be guided in the recovery process and will be given ample opportunity to learn how to deal with post-traumatic stress, manage flashbacks, express anger, shame, fear and other feelings, and take responsibility for their behaviour.

Peer-to-Peer Support Group

Peer-to-Peer Support is a ten (10) week group designed to help men:

- Build supportive networks,
- Share stories of abuse,
- Reframe relationships,
- Understand intimacy,
- Learn to move forward after trauma,
- And develop personal self-care strategies.