

Does your relationship feel like this?



Would you like it to feel more like this?



Contact Us

Location:
9613-100th Street
Peace River, AB

Phone: 780-624-8235

Call or text: 780-618-8637

Email:
info@prsteppingup.ca

Website:
www.prsteppingup.ca



Community Resources

Family Violence Information Line

310-1818 (Over 130 Languages)

Child Abuse Hotline

1-800-387-KIDS (5437)

Suicide/ Crisis Line

1-855-242-3310 (English & Cree)

Mental Health Services

780-624-6151

Peace Regional Victim Services

780-624-6626

Alberta Addiction Services

780-624-6193

Peace River Women's Shelter

780-624-3466



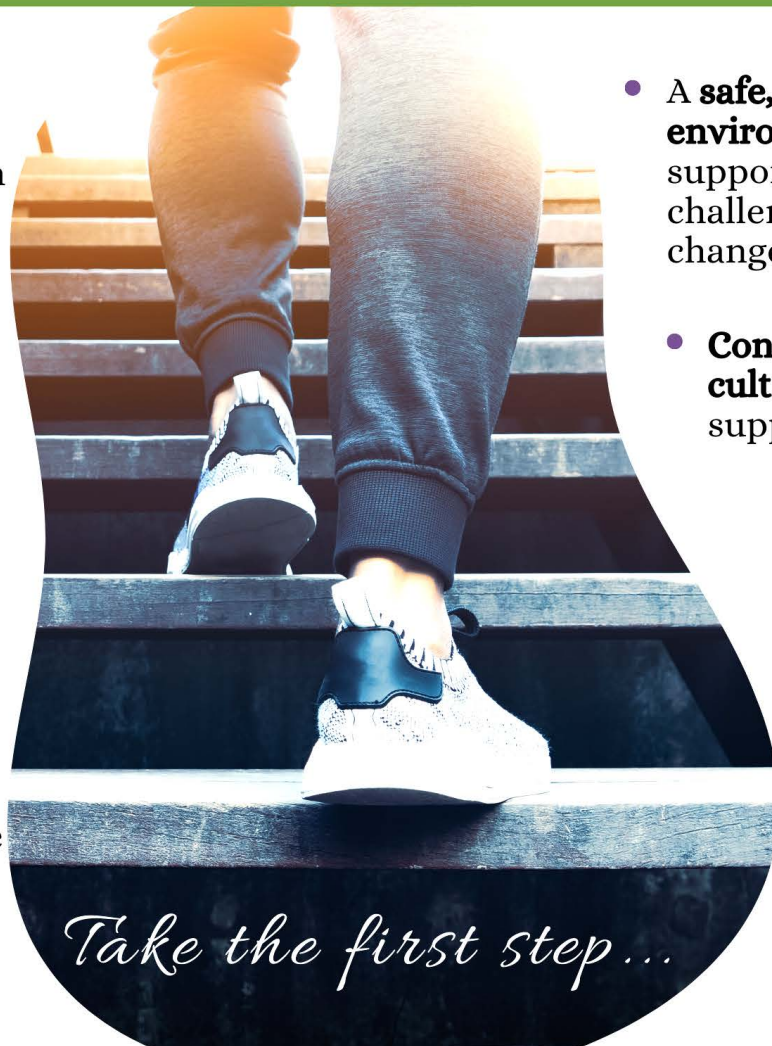
Growing healthy and safe partner relationships by building the skills and values of compassion, empathy, respect and equality.

Who We Are

What We Offer

A Little More About Our Program

- A small non-profit society called the North Peace Society for the Prevention of Domestic Violence. We are also known in the community as Stepping Up.
- Created to provide programs in the Peace Region **free of charge.**



Take the first step...

- A **safe, blame free environment** that supports personal challenge, growth and change.
- **Confidential and culturally sensitive** support.
 - Tools to share the worries, anger and joy of being a partner, parent or yourself.
- **Additional services** available.

Separate groups for men and women.
Contact for current dates.

1. Hero's Journey
2. Understanding Our Emotions
3. Building Boundaries
4. Role Triangle
5. Exploring & Defining Abuse
6. Addictions
7. Communication
8. Safety
9. Examining Our Beliefs
10. Multigenerational Influences
11. Healthy Family Connections
12. Accountability & Responsibility

A **VISION** that families and communities are supported in developing healthy relationships.

A **MISSION** to create a community free of domestic violence and its impact by inspiring personal change through education, skill development and awareness.

Online and in person options available