

## Ottawa Resources for People Changing Abusive Behaviour

These programs support people who are taking action to become healthier partners and parents by changing abusive behaviour.

### New Directions

A program of Counselling and Family Services  
(613) 233-8478

New Directions is a 12 week program that explores essential skills for handling conflict in relationships and explores how to recognize and change abusive behaviour. New Directions offers counselling groups for [men](#), groups for [women](#), and group and/or individual counselling for [trans- and gender non-conforming folks](#).

### Caring Dads

Caring Dads supports fathers to be the best dad they can be and learn how to handle the stresses of parenting in constructive ways. [Caring Dads](#) is offered by Counselling and Family Services.

### Private therapists

This is the beginning of a list of Ottawa therapists who understand gender-based violence, are sensitive to the trauma and pressures that contribute to harmful behaviour, and can support you to change abusive behaviour and practice healthy relationship skills.

### Charu Malhotra

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