

Assess yourself

Have you ever...

- Thrown something in anger?
- Restrained someone?
- Frightened someone with looks or gestures?
- Destroyed others property?
- Made someone feel guilty?
- Humiliated a partner?
- Called them names?
- Kept your partner from going places they choose?
- Made light of the abuse?
- Say it didn't happen?
- Blame someone else?
- Treated your partner like a servant?
- Not done fair share of housework?
- Told the children your partner is not a good parent?
- Threatened to take the children away?
- Made them do illegal things?
- Not paid child support?

Maybe it's time for help.

State Certified Solution

Doing this the right way.

This is not anger management, substance abuse treatment, or mental health therapy.

The services that we offer are certified by the State of Oklahoma Attorney Generals Office to provide consistent, peer-reviewed, and appropriate education to help end abusive behaviors.

Our group is available for self-referred, court-referred, or Department of Human Services referred batterers.

For questions or information on how to begin the application process call (580) 352-2047 and speak with a facilitator of the 'Stop the Violence' intimate partner abuse education program.

Fees related to services

Why are there fees?

The funds that will be collected from the program will be utilized to continue the mission of educating the public, empowering survivors and advocating for justice.

However, our work cannot come at the cost of others welfare. Through our work with justice-involved individuals, SRN understands that the struggles associated with the court system is multi-faceted and expensive.

To add to the stress and strain during another person's journey would not be in line with our vision of hope. We are committed to ending interpersonal violence in all types of relationships and feel that this is the best interest of our safer community.

What are the fees?

Intake and Assessment: \$200.00 - includes training manual

Week 1-13 Group Fee: \$35.00/group

Week 14-26 Group Fee: \$25.00/group

Week 27-39 Group Fee: \$20.00/group

Week 40-52 Group Fee: Free

Steps for managing your emotions

- Take a look at the impact of your emotions
- Aim for regulation, not repression
- Identify what you are feeling
- Accept your emotions - all of them
- Keep a mood journal
- Take a deep breath
- Know when to express yourself
- Give yourself some space
- Try meditation
- Stay on top of stress
- Talk to a therapist

Important Numbers

Kay County Sheriff
580.362.3250
Blackwell Police Department
580.363.5490
Tonkawa Police Department
580.628.2516
Ponca City Non-Emergency
580.767.0370
Kay County District Attorney
580.362.1128
Kay County Court House
580.362.3350
DHS - Ponca City
580.763.6700
DHS - Newkirk
580.362.2548

EMERGENCY
Police - Fire - Medical
Call 9-1-1



Survivor
Resource
Network

Accountability
starts with you

Stop the Violence BIP
Ponca City, OK 74601
(580) 352-2047

www.survivorresourcenetwork.org