



Alternatives to Violence Class

Provided by Community Works, Jackson County's Domestic and Sexual Violence Resource Center

What is Alternatives to Violence and How Do I Sign Up?

The Alternatives to Violence class is facilitated by Certified Court Advocates on Fridays. This is a class for a victim or survivor hoping to dismiss their protective orders, such as a restraining order or a criminal no contact order. To sign up for the class, call **541-776-7171 ext. 35227**. The class is free, and everything shared with the privileged Advocate is confidential.

What to Expect:

- A 3 hour class in an education and discussion format
- Support and opportunities for victims (survivors) to openly discuss their options if they are unsure about dismissing a protective order
- Information about domestic violence and the Power and Control Wheel
- Information about healthy relationships, setting boundaries, assertive communication, and equality in relationships
- Information about court procedures and the criminal justice process
- Community resources
- Safety planning for your situation
- Everything said is confidential
- Hope and courage in the decision-making process to decide to drop an order

Any Questions? Please call our Court Advocates at 541-776-7171 ext. 35227