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CPRR Programs

- **Domestic Violence Program (DVP)**

The CPRR Batterers' Intervention Program addresses the strong correlation between domestic violence, child abuse, child neglect and addiction. It consists of a minimum of 26 educational counseling sessions for the batterer or abuser and Anger Management Program consisting minimum of 12 sessions as added components to the criminal justice system.

- **Parenting Skills**

This program is designed to be one-on-one and/or group sessions. It delves into each parent's past, present and future ideas of what parenting is. CPRR counselors help parents shape and create productive and more effective ways of parenting. The program emphasizes topics such as (but not limited to): neglect, communication, abuse, anger management, time management and love.

- **Anger Management**

The Anger Management program focuses on conflict-related issues and/or offenses involving the criminal justice system. CPRR clients learn to free themselves from the near-inextricable binds of anger and aggressive behavior. Most importantly, empowering them to utilize the invaluable tools/resources acquired from the CPRR program in order to regain control of their lives.

- **Stress Management**

The stress management program focuses on various techniques on how to manage stress more effectively such as yoga and breathing exercises. CPRR underlines the differences and give various examples of both positive and negative stress factors.

- **Alcohol/Substance Abuse**

The alcohol/substance abuse program is designed to educate clients regarding the dangers of alcohol/substance abuse. In particular, a strong emphasis is placed on drinking and driving, the physiological and psychological detriments of excessive drug and alcohol use.

- **Mental Health Disorders**

Emphasis on the treatment and prevention of mental disorders is an integral part of CPRR's program. With the use of licensed professionals clients are provided with the invaluable opportunity to achievement a sense of empowerment conducive to their overall well-being.