

Family Healing Program Overview

Creating a space for healing domestic abuse behaviors through innovative practices

Our vision is a community that is free of domestic violence. We provide innovative services to stop domestic violence as it occurs and to prevent it from happening in the future.

Our mission is to provide trauma-informed restorative justice services to people who are perpetrators of domestic violence. We strive to accomplish this through prevention programming, therapeutic services, case management, advocacy, community education and awareness, and community partnerships.

Our goal is to permanently end intergenerational cycles of violence by providing family members access to resources they need to eliminate violence from their lives.

We believe:

All people matter and that everyone has the ability to heal themselves and their families when they have access to appropriate resources and support. In order to free families and communities from domestic violence, we must interrupt abusive attitudes and behaviors by teaching new skills and providing psycho-education that can prevent further harm. We must also change the societal structures that support abusive behavior by raising awareness about cycles of violence, identifying and addressing the root causes.

Our team works within State of Minnesota guidelines to provide families with the necessary tools for success. Traditionally, clients are court-ordered to participate in our psycho-educational classes.

Our goals are to:

- Provide a safe space for clients to heal – changing the approach from “what’s wrong with you” to “what happened to you” so that we can begin to unravel the circumstances that lead clients to our program.
- Help clients reflect on their use of abusive behavior and its impact on their lives and the lives of their loved ones. We do this by providing a space that does not shame someone for poor choices, but uses those choices as a cue for what they are experiencing in their lives.
- Empower clients to accept responsibility and take accountability for their use of abusive behaviors.
- Give clients opportunities to repair harm by giving back to their communities and to our program.
- Change the narrative and messages we teach children about "what it means to be a man" and "what it means to be a woman," disrupting patriarchal beliefs that lead to toxic masculinity.
- Engage clients in the process of changing their own narratives for themselves and their children, and work together to change these messages within our communities.
- Ensure clients have access to resources and referrals to assist with barriers they are experiencing.

EAST SIDE
Neighborhood



Services

Contact Information:

Nora Weigle | Family Healing Program Manager
nweigle@esns.org

1700 2nd St NE, Minneapolis, MN 55413
esns.org/familyhealing