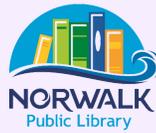


October is Domestic Violence Awareness Month



DOMESTIC VIOLENCE AWARENESS MONTH VIRTUAL WORKSHOPS

October 6, 2021 6:00 PM – 7:00 PM

Relationship Checkup: Building Healthy Relationships in the Time of Covid

Covid-19 has impacted almost every aspect of our lives including our interpersonal relationships. In this introductory workshop, participants will discuss the foundational elements of a healthy relationship, and learn the tools necessary to withstand stressful times due to lock-downs and social distancing. Using relevant examples applicable to today's world, participants will practice effective communication and setting boundaries with others.

October 13, 2021 6:00 PM – 7:00 PM

Relationship Red Flags: Spotting Unhealthy Behaviors in a Relationship

In the second part of this series, we will explore the relationship spectrum to establish what makes a relationship healthy, unhealthy, or abusive. Through interactive activities, participants will learn how to spot unhealthy behaviors or red flags early in a relationship, as well as gain a better understanding of domestic violence.

October 20, 2021 6:00 PM – 7:00 PM

"Why don't they leave?": Understanding the Complexities of Domestic Violence

In week three, we will dive deeper into the complex nature of domestic violence to understand why it isn't always easy for a victim to leave. Participants will learn about the various methods of control abusers use, and the unique barriers that impact vulnerable populations like the immigrant, BIPOC, and LGBTQ+ communities.

October 27, 2021 6:00 PM – 7:00 PM

Hear Something, Say Something: Bystander Intervention

In today's world, it is no longer acceptable to stand by and witness injustice and not do anything about it. In this final workshop, participants will be taught a variety of ways to safely intervene when they see or hear something problematic. Scenarios discussed will range from how to speak up when someone tells a racist joke or makes a sexist statement, to how to help someone experiencing abuse in their relationship.



To register for these Zoom events please scan the QR Code
or visit: <https://tinyurl.com/ysz97jjy>