



## Domestic Violence Response to COVID-19 Pandemic

Under the current state of public health emergency individuals experiencing domestic violence may have no choice but to rely on abusive partners to keep themselves and their children housed and relatively safe. Sagesse is here to help individuals currently being impacted by domestic violence find safety even in isolation.

### What Sagesse Is Doing:

- **Individual Mentorship Peer Support – Available across Alberta**
  - Volunteers offer support to clients from across Alberta either through phone/text/online
  - Support topics are dependent on client needs but can include: managing social isolation and physical distancing; isolation with abusive partners; coping with trauma during uncertain times; healing from abuse during COVID; build safety plans for managing abuse during times of isolation and physical distancing
- **Peer Support Groups - Available across Alberta**
  - **Finding Our Voices Online**
    - 6 week program focuses on issues related to self-esteem, social connection and reducing isolation. This program brings women together to reduce shame, build compassion and create safe spaces to share experiences and learn from each one another
  - **Growth Circle Online**
    - 14 week program that delves into the experience of domestic violence. This group provides women with opportunities to contextualize their experiences of domestic violence, trauma and shame, create supportive support systems and personal power and learn from a community of women with shared life experience.

**To Register for Sagesse Programs or complete a safety plan**

[programs@sagesse.org](mailto:programs@sagesse.org) or 403-234-7337 ext. 100

**All Sagesse programs are available across Alberta**