

Family Violence Prevention Month

WHEN: November is Family Violence Prevention Month. This awareness month helps to foster open conversations about family violence, serves as an opportunity to educate our community, and highlights the supports available for those affected by these issues.

WHAT: Family violence is an abuse of power in a family or other trusting relationship where people rely on each other. It includes domestic violence, intimate partnership violence, and child and elder abuse.

WHO is impacted by family violence:

- Anyone can be impacted by family violence, including children, adults, and seniors.
- Over half of women in Canada have experienced physical or sexual violence at least once in their life.
- There was a forty-six percent increase in police-reported family violence against seniors between 2014 and 2022 in Canada.
- About 6 in 10 individuals living in Canada reported experiencing some type of child maltreatment before they were 15 years old.

HOW to reach out for support:

- If you or someone you know is in immediate danger, please call 911,
- 24-hour Family Violence help line: 310-1818,
- Sexual Violence One Line: Call 1-866-403-8000, Text 1-866-403-8000,
- For more information about Family Violence resources and prevention, visit www.alberta.ca/familyviolence

FCSS offers free counseling services to residents who live within our service area. These services can help support families who have experienced family violence, providing the guidance and resources needed for healing and resilience. For more information or to book an appointment, contact Michael Fedunec at (587) 370-3728 or counsellingservices@fcss.ca

Visit www.fcss.ca for more information.

Michael Fedunec
Counselling Intake Supervisor



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