



The Unitarian Church in Westport

Press Release

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An Interfaith Presentation: Domestic Violence and How You Can Help

This Saturday, February 6, 10-11:30 AM, the [Unitarian Church in Westport](https://uuwestport.org) is sponsoring a 1.5-hour virtual program on how to recognize Domestic Violence in today's pandemic world, and what to do about it. While this program was conceived as a presentation to all members of our Interfaith community in Fairfield County, it is also open to the public. We welcome all. ZOOM meeting ID: 875 7140 7113 Passcode: 739121. Questions? Contact events@uuwestport.org and go to our website <https://uuwestport.org>.

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Domestic violence impacts every community, and individuals, of all faiths. It is difficult when you want to help someone experiencing intimate partner violence, but don't know how to start the conversation. Join us to learn about the warning signs and what you can do if you or someone you know experiences domestic violence/intimate partner violence.

The times are ripe for such a program. At this time of COVID, the pressures on any family can be acute, but especially on those where stressful conditions prevail. In these days when many of us are housebound, in small living quarters, with jobs that carry high-risks -- or may have been eliminated -- with potential food insecurity, and with small children ZOOMing their classes and not able to go to the playground or meet up with friends ---- these conditions can create a tinderbox for violent domestic relations that were already under strain in normal conditions. And notably, the abuse on children especially is often unseen, since it is the schools who often notice obvious signs of abuse and report it.

In this session, participants will learn about the dynamics of domestic violence, and process real-life scenarios to recognize warning signs of domestic violence and how to help someone who is experiencing interpersonal violence. Together we will discuss different cultural and religious norms that impact victims of domestic violence and unique barriers to receiving support. The workshop will utilize the ZOOM polling feature and breakout discussion rooms for participants to interact with each other and the facilitator.

This will be facilitated by the [Domestic Violence Crisis Center](https://www.dvcc.org) (DVCC). DVCC advocates for individuals who are experiencing abuse in personal relationships and supports them on their journey to safety.

DVCC serves seven communities in lower Fairfield County, including Westport and Weston. All services are free and confidential.