

Welcome! We will begin promptly at 6:30 PM CDT.



A CONVERSATION FOR

*Building  
Resiliency as a  
Foundation for  
Perseverance*



**Event Program**

- 6:30–7:00 PM– Introduction: Speakers, Resiliency, DV & WA
- 7:00–7:35 PM– Resiliency Conversation
- 7:35–7:55 PM– Audience Q&A
- 7:55–8:00 PM– Closing Remarks

Please introduce yourself in the chat with your name and/or one word to describe how you're currently feeling.

# Take care of yourself!



## NATIONAL DOMESTIC VIOLENCE HOTLINE

[www.thehotline.org](http://www.thehotline.org)

Call 1-800-799-7233 or live chat at [www.thehotline.org](http://www.thehotline.org)

Contacts to The Hotline can expect highly-trained, expert advocates to offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages.

## MINNESOTA DAY ONE

[www.dayoneservices.org](http://www.dayoneservices.org)

Call 1-866-223-1111, text 612-399-9995

Day One is a statewide network of domestic violence, sexual assault, human trafficking, youth-and community-advocacy programs in Minnesota.

## WOMEN'S ADVOCATES

[www.wadvocates.org](http://www.wadvocates.org)

Call 651-227-8284, email [resources@wadvocates.org](mailto:resources@wadvocates.org), or live chat at [www.wadvocates.org](http://www.wadvocates.org)

Women's Advocates is a domestic violence shelter in St. Paul, Minnesota that provides advocacy and support programming for women and children.



# Saran

**Pronouns: she/her**



- **Position:** Licensed Mental Health Provider
- **A typical day includes:** Providing therapy for women and children at Women's Advocates (includes psychoeducation, safety planning, treatment plans)
- **Changes due to the pandemic:** Telehealth-transitioning to therapy online instead of in-person
- **Observations about clients during this time:** Increased anxiety



# Brenisen

**Pronouns: she/her**



- **Position:** Education and Outreach Coordinator
- **A typical day includes:** Online trainings, presentations, workshops, community meetings, content creation (online & social media)
- **Changes due to the pandemic:** All outreach & education efforts transitioned to online
- **Observations about the community:** Increased general interest and awareness of people who aren't safe in their homes

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## *COVID-19*

- global pandemic with social, financial, physical implications
- 8.19 million reported cases in the U.S., 220k deaths
- impacted every facet of life

## *Domestic Violence*

- intentional & systematic pattern of power & control
  - physical, psychological abuse, threats, intimidation, isolation or economic coercion
  - context of a dating, family or household relationship
- 



**Women's Advocates**  
Breaking the cycle of domestic violence



# COVID-19 IMPACT

Special Report from the National Hotline

## COVID-19 SURVIVOR STORIES FROM THE LINES

"A caller said they could not file paperwork to remove the abuser from their home, because courts are closed due to COVID-19."

"A caller was experiencing an escalation of abuse. They had tested positive for COVID-19, and the abuser was using isolation to keep them from contacting family. The abuser threatened the survivor with deportation (survivor is currently in the process of becoming a US citizen)."



"A chatter stated that they have known for a long time that there were red flags in the relationship, but things are escalating with the pandemic, and they can't even go to therapy."

"A chatter mentioned that the abuser was using the virus as a scare tactic to keep the survivor away from their kids."

## WHAT CONTACTS ARE EXPERIENCING

**90%**

EMOTIONAL/  
VERBAL ABUSE

Behavior that isn't physical, which may include verbal aggression, intimidation, manipulation, and humiliation, which most often unfolds as a pattern of behavior over time.

**61%**

PHYSICAL  
ABUSE

Non-accidental use of force that results in bodily injury, pain, or impairment. This may include being slapped, burned, cut, bruised, or improperly physically restrained.

**24%**

ECONOMIC/  
FINANCIAL ABUSE

When one intimate partner has control over the other partner's access to economic resources, which diminishes the victim's capacity to support themselves.

**16%**

DIGITAL  
ABUSE

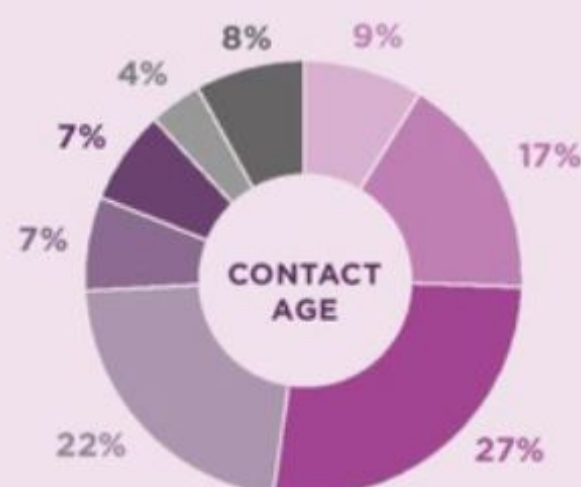
The use of technologies such as texting and social networking to bully, harass, stalk, or intimidate a partner.

**11%**

SEXUAL  
ABUSE

Non-consensual sexual interaction through coercion, guilt, or force. This may include pressure to engage in sexual activity, refusal to use contraception, or demanding of sexual images or video.

thehotline.org • 1.800.799.7233







# *Women's Advocates' Mission*



Women's Advocates walks with victim-survivors and our community to break the cycle of domestic violence.

Violence  
Prevention  
Education &  
Outreach

Emergency  
Shelter &  
24-hour  
Crisis Line

Aftercare &  
Housing  
Advocacy



**Since March 2020, Women's  
Advocates has engaged the  
community with...**

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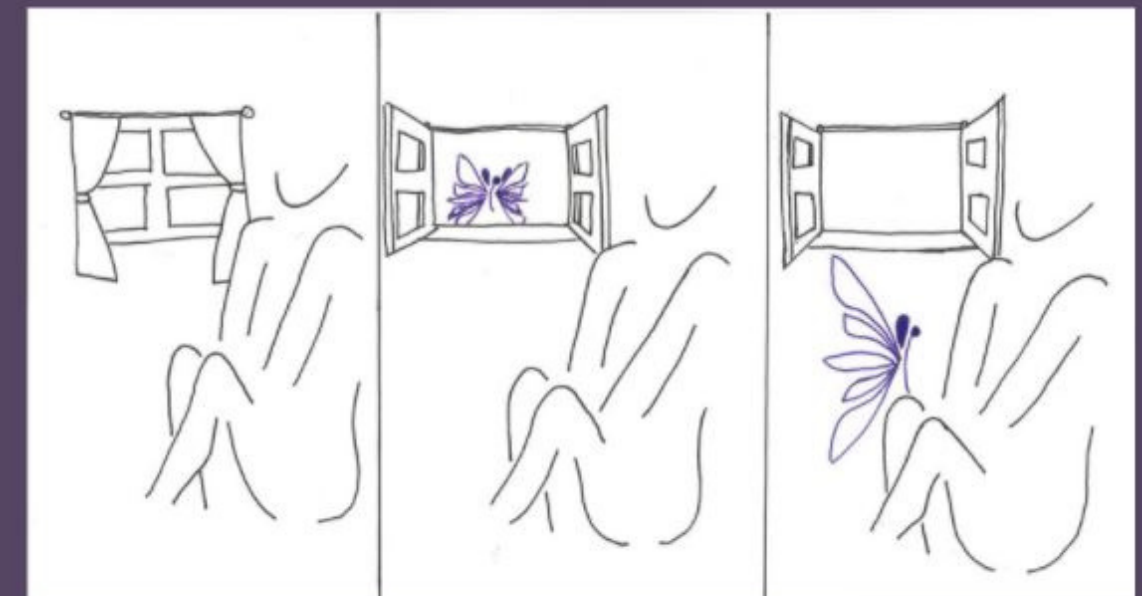
*37*

ONLINE PRESENTATIONS,  
EVENTS, AND WEBINARS

*3,617*

ADVOCATES, STUDENTS,  
SOCIAL SERVICE WORKERS,  
AND OTHER COMMUNITY  
MEMBERS REACHED IN **6**  
CONTINENTS

Artwork by Sam, Women's Advocates

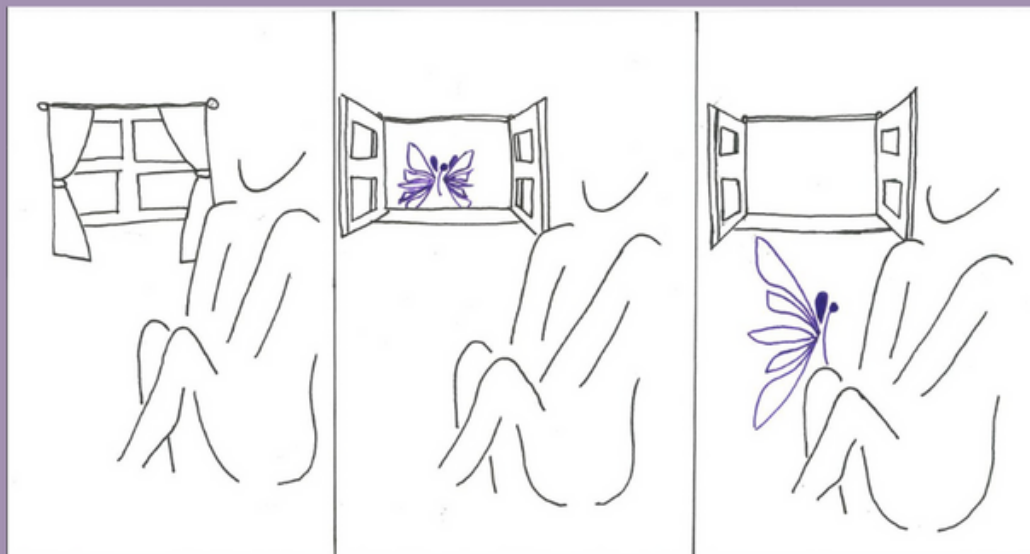






Seek support & safety:

LIVE CHAT WITH AN ADVOCATE TODAY AT OUR  
WEBSITE: **www.wadvocates.org**  
or call our crisis line: 651-227-8284



**You are not  
alone**

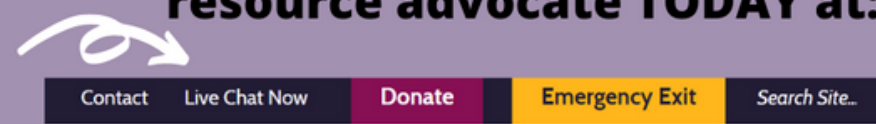
**We are here  
for you**

Artwork by Sam, Family Advocate

## Are you unsafe at home and unable to make a call for help or support?



**Live chat with a trained safety crisis and  
resource advocate TODAY at:**



**www.wadvocates.org**



## Chat with an advocate if:

- Someone you are living with or in a relationship with is causing you harm
- If you are scared for your safety and need somewhere to go
- If you need resources (legal, financial, housing, safety)
- You do not need to be in immediate danger to reach out to help. We want to help in any way that we can.

## What we provide:

- Safety planning / response
- Emotional support
- Connection to helpful relevant resources
- Access to available shelter/housing programs





## *Resiliency is...*

the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors.  
(American Psychological Association)

## *Resiliency is...*

to strive with persistency  
without compromising one's  
ability to thrive into purpose.

– Saran Cryer



**Women's Advocates**  
Breaking the cycle of domestic violence





"She stood in the storm and when the wind  
did not blow her way, she adjusted her sails."  
— Elizabeth Edwards, author



"The greatest glory in living lies not in  
never falling, but in rising every time we  
fall."

— Nelson Mandela



"On the other side of a storm is the  
strength that comes from having navigated  
through it. Raise your sail and begin."  
— Gregory S. Williams, author



"Resilience is knowing that you are the only  
one that has the power and the  
responsibility to pick yourself up."  
— Mary Holloway, resilience coach



"The human capacity for burden is like  
bamboo — far more flexible than you'd  
ever believe at first glance."

— Jodi Picoult, My Sister's Keeper



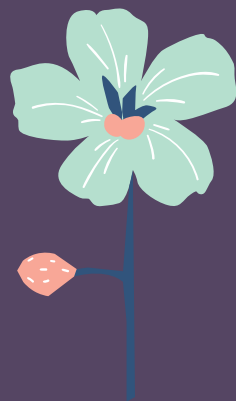
"Adversity has the remarkable ability of  
introducing the real you to yourself."  
— M.B. Dallochio, The Desert Warrior



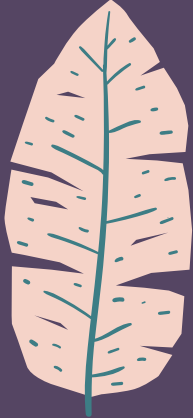
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Breaking the cycle of domestic violence

"Resilience is the core strength you use to lift the load of life."

- Amit Sood, MD



Strength is having the courage to "struggle out loud." - Unknown



5 tools of resiliency by the BJC Institute for Learning and Development: meaning, self-care, relationships, self-awareness, and optimism.



"Connection is the energy that exists between people when they feel seen, heard and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship."

- Brene Brown

"Not expressing your gratitude is like wrapping a present and not giving it."

- William Arthur Ward

7 C's of resiliency by the American Academy of Pediatrics: Competence, confidence, connection, character, contribution, coping and control.

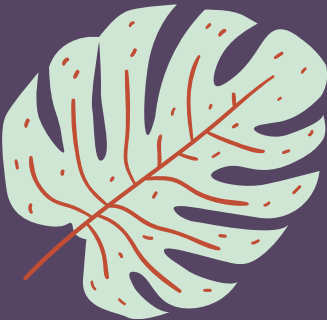


"Forgiveness is another word for freedom."

- Mary-Frances Winters

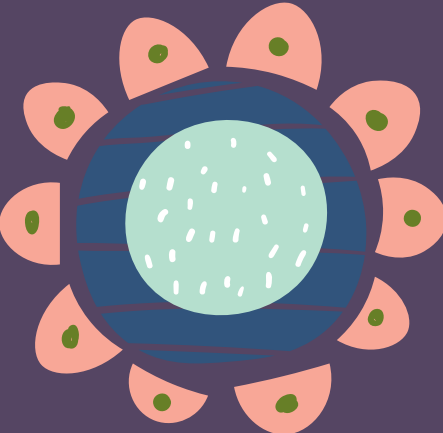


"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow." - Melody Beattie



"The only people who get upset about you setting boundaries are the ones who were benefitting from you having none."

-Marloes Devries





# Resources

- [Mindfulness Meditation for Kids](#) (video)
- [5 Minutes Body Scan Meditation for Families & Classrooms](#) (video)
- [3 Minutes Body Scan Meditation for Kids & Adults](#) (video)
- [Mindfulness for Beginners](#) (webpage)
- Mindfulness for Beginners by Jon Kabat-Zinn (book)
- Mindfulness in Plain English by Henepola Gunaratana (book)
- Coming to Our Senses by Jon Kabat-Zinn (book)
- [BJC Resiliency Website](#)
- [APA Building Your Resilience](#)
- [Everyday Health- What is Resilience?](#)
- [Science Direct- Resiliency Research](#)

# *CONNECT WITH US ONLINE*

*Live chat at: [www.wadvocates.org](http://www.wadvocates.org)*

*24/7 Crisis Resource Line: 651-227-8284*



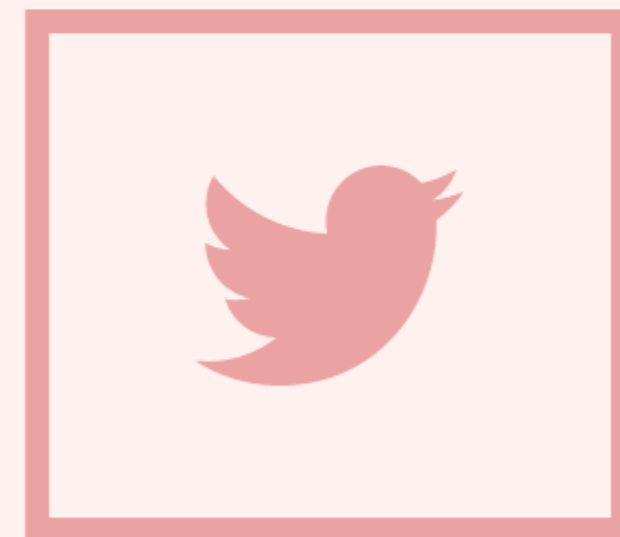
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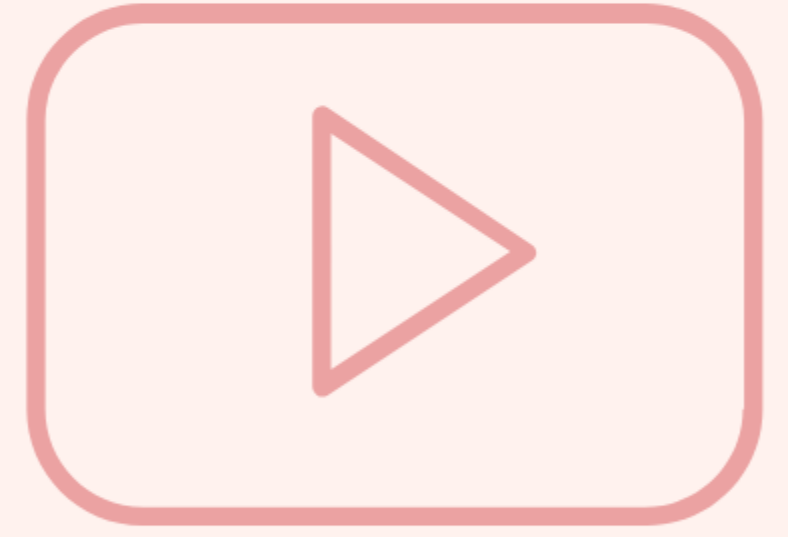
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*Email Brenisen at [outreach@wadvocates.org](mailto:outreach@wadvocates.org)*