



FOR IMMEDIATE RELEASE

November 1, 2016

Domestic violence is at its highest rate in a decade: It's time to #BreakTheSilence

CALGARY, AB – November is Family Violence Prevention Month and this year it is increasingly important that Calgarians learn about the growing problem of domestic violence in our city.

Domestic violence has been on [the rise for the last few years](#) in Calgary, and this year is expected to have one of largest increases yet. Each month this year, domestic violence rates have been higher than average and so far in 2016, police have responded to 2,796 domestic violence calls – 36 per cent more calls than the five-year average for this time of year.

Based on these statistics, Calgary is on-track to have the highest domestic violence rate in our city since 2004. More importantly though, these statistics represent 2,743 people who have experienced domestic violence so far this year. This is a number that all Calgarians need to help change.

The [Calgary Domestic Violence Collective](#), in partnership with the Government of Alberta, is hoping to change this trend and is launching Family Violence Prevention Month by hosting a conference for professionals who work with families experiencing violence. Professionals ranging from justice officials, police officers, counsellors and social workers will be meeting to discuss the best ways to address domestic and sexual violence.

Calgarians are also encouraged to be part of the solution to family violence by taking time this November to do their part to break the silence and stand against family violence.

There are several things that people can do to help:

- Talk to your children about what kinds of behaviours are healthy in a relationship and [which ones are not](#).
- [Donate to organizations](#) that work to support families affected by domestic and sexual violence.
- [Volunteer with organizations](#) that work to support families affected by domestic and sexual violence.
- Spread the word about domestic and sexual violence on [social media](#), using the hashtag #breakthesilenceyc.
- If you know someone who is in an unhealthy relationship, [learn how you can support them](#).

The Calgary Domestic Violence Collective also encourages anyone experiencing domestic or sexual violence to reach out for help.

If you are in immediate danger, **Call 9-1-1**. If you believe you are experiencing domestic abuse, call the **24-hour Family Violence Helpline at 403-234-SAFE (7233)**. If you have been sexually abused in an intimate relationship call the **24-hour Sexual Violence Support and Information Hotline at 403-237-5888**. To report domestic abuse or violence call the **Calgary Police Service Non-Emergency Line at 403-266-1234**.



Calgary Domestic Violence Collective (CDVC) serves as the voice for agencies that are working to end domestic and sexual violence in Calgary. The CDVC is made up of over 60 organizations and community groups, including members from the not-for-profit, law enforcement and healthcare sectors. Members work together to coordinate what supports are being offered to victims of domestic and sexual violence, discuss public policy ideas that could help address the issues of domestic and sexual violence and educate the public.

If you are experiencing or have questions about domestic abuse, please call: 403-234-7233 (SAFE).
If you are experiencing or have questions about sexual abuse and sexual assault, please call: 403-237-5888.

For additional information, please call:

Calgary Police Service, Public Affairs & Media Relations Unit: 403-428-7979

Andrea Silverstone, Co-Chair of the Calgary Domestic Violence Collective: 403-616-7673

For Event Information, please call:

Nicole Sgarbossa, CDVC Communications Committee Member: 403-620-6507