

real talk

Break the cycle of domestic violence with just a few words.

Domestic violence is at epidemic levels in Alberta with 1 in 3 individuals experiencing violence in their lifetime. All Albertans are impacted by domestic violence in our communities, this is an issue that is too big to be ignored. It's time to get real.

real talk is a guide to help us understand and talk about domestic violence in Alberta. Learning how to talk about domestic violence isn't fancy or complicated. **real talk** is just a real moment between two people, it isn't about trying to fix things, it's about empowering change and bringing people together. The **real talk** campaign is about all Albertans getting **real** and confronting domestic violence in our communities.

Join Sageesse with the Town of Calmar and learn how you can:

- Recognizing domestic violence,
- Empathizing with the person impacted by the violence,
- Ask them what they need, and
- Listen without judgement.

This webinar is scheduled for: **November 23rdth from 6:00-7:30pm**

Please register in advance using the following Eventbrite link:

<https://www.eventbrite.ca/e/real-talk-with-town-of-calmar-tickets-175800954387>

After registering, you will receive a confirmation email containing information about joining the meeting. We look forward to seeing you there!

If you have any questions please email realtalk@sagesse.org

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