



NOVA VITA
Help • Hope • Heal

MEDIA RELEASE

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FOR IMMEDIATE RELEASE

For more information, please contact:

Anne Herbison-Ruddell, Community Development Manager
T: 519-752-1005 x228 • E: aruddell@novavita.org

You Can Be a Voice to Help Nova Vita Break the Silence on Domestic Violence During Woman Abuse Prevention Month

(Brantford, ON) November is Woman Abuse Prevention Month and Nova Vita is once again hosting **Break the Silence on Domestic Violence**, a Peer-to-Peer Campaign that calls on our community to help raise awareness, raise \$15,000, and raise your voices to end violence against women. Your commitment to this campaign will not only help others learn the signs of violence in relationships, it will help highlight the essential programs and support services that Nova Vita has available for everyone in our community.

For many women, living in violence is also living in silence. The global pandemic has intensified this scenario and as a result Nova Vita has witnessed an increase in the number of women who stay home, often isolated, enduring escalating levels of physical and sexual violence.

"We want the community to know that Nova Vita continues to be a safe place to go for women and children escaping violence and homelessness. If you need help and don't want to stay at Nova Vita, that's ok too. Our outreach services are available in the community to provide wraparound supports for you, and all members of your family." **Natasha Dobler, Executive Director**

Here's how you can make a difference during Woman Abuse Prevention Month with **#BreakTheSilenceBrant**:

1. **Register at novavita.org.** In solidarity for women who are living in silence, we challenge you to go silent for 24 hours on November 24 to raise awareness and essential funding to support women escaping abuse.
2. **Raise Your Voice & Raise Money.** Share your commitment to the campaign. Like and share our [@NovaVitaBrant](https://www.instagram.com/NovaVitaBrant) posts on social media to have your followers support or join your campaign.
3. **Go Silent for 24 hours on November 24.** During your 24 hour commitment to go silent, you may not be able to speak, but there are plenty of ways to communicate. Text, write, sign, pre-record messages, carry a white board – get creative to stay connected.
4. **Break Your Silence on November 25 in honour of International Day for the Elimination of Violence Against Women.** Share your experience, share your resources, and share how much you raised to help end violence in our community.

"The more you share this campaign, the more awareness it brings to essential support services like our 24 hour Crisis & Support Line, 519-752-HELP. People in abusive relationships may not be able to connect with Nova Vita safely. Your participation in #BreakTheSilenceBrant could save a life." **Jessica Powless, Public Education and Special Events Coordinator**

For more information or to make arrangements to have your individual or team campaign featured on social media [@NovaVitaBrant](https://www.instagram.com/NovaVitaBrant), please visit our website at novavita.org or contact events@novavita.org.

59 North Park Street, Brantford, ON N3R 4J8 w: novavita.org e: info@novavita.org p: 519-752-1005 f: 519-752-0811

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