

# Grace Smith House

## Violence Prevention & Education Workshops for the Community

Grace Smith House is dedicated to providing collaborative and critical community education. Our educators use interactive discussion to engage participants in essential conversations that use real life scenarios to teach prevention and intervention skills, and boundaries. Our education trainings are FREE and trainings can range from 40 minutes to 2 hours or longer. Most are available virtually or in person.

### **LOVE SHOULDN'T HURT (ADULT WORKSHOP)**

This introduction to domestic violence and/ or teen dating abuse provides a foundation of the cycle of violence and identification of red flags of an abusive relationship. Love Shouldn't Hurt participants will gain knowledge of language and tools that will enable them to support an individual who is in an abusive relationship, as well as gain an understanding of the impact violence has on the individual, family and friends.

### **LOVE SHOULDN'T HURT: DIGITAL ABUSE (ADULT WORKSHOP)**

Many unhealthy behaviors in a relationship are normalized among teens, especially when it comes to using technology. Participants will learn the red flags of digital abuse and how to start a conversation about setting digital boundaries. Further, participants will gain knowledge on how to support a friend, including laws and resources that can assist.

### **IN HER SHOES: LIVING WITH DOMESTIC VIOLENCE\***

An experiential training designed to help participants understand, in a very limited period of time, the ups and downs a battered woman experiences over the course of many years. In Her Shoes is meant to encourage everyone to think innovatively about the ways we can work to end Domestic Violence together. Requires at least 2 hours for completion. Cannot be provided virtually.

*Other Available Topics: In Her Shoes: The Economic Justice Edition, Caminando en sus Zapatos, In Their Shoes: Teens and Dating Violence*

### **ESCALATION\***

Escalation's mission is to provide young people with the tools to recognize the warning signs of relationship abuse, understand the difference between healthy and unhealthy behaviors, and safe ways to intervene and help a friend. Additionally, this training will serve to inspire young people to end relationship violence in their communities. Requires at least 2 hours for completion. Cannot be provided virtually.

**CONTACT US FOR MORE INFORMATION OR TO SCHEDULE YOUR FREE PRESENTATION:**



**845-452-7155**



**OFFICE@GRACSMITHHOUSE.ORG**

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### **#CONNECT4RESPECT: BULLYING & CYBERBULLYING (ADULT WORKSHOP)**

Parent education about the dynamics, forms and impact of cyberbullying and bullying. Provides guidance for parents on how to encourage youth to be helpful, supportive and seek help when faced with witnessing a bullying or cyberbullying situation. This workshop offers ways to speak to youth about staying safe with peers, online and in-person.

### **IT MATTERS: ACES IN YOUR COMMUNITY**

Adverse Childhood Experiences, or ACEs, are stressful or traumatic events experienced before the age of 18. The more traumatic experiences a person goes through the more likely they to experience negative health and social outcomes include but are not limited to...heart disease, smoking, alcohol and/ or substance misuse, depression, poor performance at school, truancy, suicide attempts, and lack of opportunities to name a few. This training defines ACEs and changes the conversation from “what’s wrong with you” to “what is strong with you?” to help build resilience for a better outcomes.

### **NAVIGATING THE WORKPLACE: STRATEGIES FOR PROFESSIONAL CONNECTION**

Provides the foundation for identifying professional connections versus personal connections in the workplace and relationships we create. As well as the impact that workplace bullying and gossip has on an individual and the work environment. Participants will learn the power and control dynamics that can occur, along with useful ways to address issues occurring in the workplace.

### **CUT IT OUT-FOR SALON PROFESSIONALS**

Cut It Out builds awareness of domestic abuse through awareness materials to be displayed in salons. The “Give the Power Back” initiative involves salons in helping local domestic violence agencies, and training salon / spa professionals and students to recognize warning signs and safely refer clients to resources.

**GRACE SMITH HOUSE CAN CUSTOMIZE TRAINING  
FOR YOUR AUDIENCE OR ORGANIZATION.  
PLEASE CONTACT US FOR MORE INFORMATION**

\*These presentations cannot be provided virtually

Grace Smith House also provide presentations to youth on bullying & cyberbullying, teen dating violence, safety planning and healthy relationships.

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