



**Press Release
FOR IMMEDIATE RELEASE**

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INCREASE IN DOMESTIC VIOLENCE SPURS FERD & GLADYS ALPERT JEWISH FAMILY SERVICE'S ONGOING ONLINE SUPPORT GROUP FOR WOMEN IN HIGH CONFLICT RELATIONSHIPS, BEGINNING AUGUST 13, 2020

WEST PALM BEACH, FL – July 29, 2020 – The COVID-19 health pandemic has been the impetus for a myriad of burgeoning mental and emotional health needs, as people experience unprecedented challenges during an unprecedented time. In response, Ferd & Gladys Alpert Jewish Family Service (Alpert JFS) has brought many support groups online, to be there for community members and help them cope. One of many areas experiencing a heightened need for support are Domestic Abuse Services, and the agency is answering the call with the new, no-cost “Women in High Conflict Relationships” weekly support group, starting on Thursday, August 13, 2020 at 5:00 p.m. via Zoom.

Facilitated by Alpert JFS Director of Domestic Abuse Sara Walsh, LCSW, participants will learn about abuse, power/control, how to identify red flags and unhealthy relationships, and the characteristics of an abuser, as well as how to set boundaries, increase self-esteem, and practice self-care.

“Now, more than ever, domestic abuse victims need support, said Walsh, “These women are trapped with their partners, without the escape opportunities of work or school, beauty appointments, or religious service offered before the pandemic. Feelings of isolation have escalated, as have incidences of domestic battery, and domestic violence cases, which have seen an 18% increase in Palm Beach County, and 79% increase in the Treasure Coast and Okeechobee counties, respectively, between March 6 and April 6, 2020, versus the same time frame in 2019. We are hoping that this support group will reach the women who need it the most.”

A 10-week commitment is required of participants, who must also register by phoning the Alpert JFS Chai Line at 561-684-1991, where questions can be asked and requests for information made.

The agency offers additional support groups for “Coping With Our New Reality: Social Distancing Without Isolation” (including a Parent Edition), “Family Survivors of Suicide”, “Jewish Family Addiction”, as well as Bereavement, Grief and Loss. Visit www.AlpertJFS.org/virtual/ to learn more and get registration information.

Established in 1974, Ferd & Gladys Alpert Jewish Family Service (Alpert JFS) is a nationally accredited service provider for children, adults and seniors, including Holocaust survivors. The non-profit, non-sectarian organization is a trusted leader, with a team of nearly 200 highly skilled professionals delivering high-quality care to community members of all faiths. Alpert JFS works to ensure the well-being of children and families, independence of older adults, and quality-of-life for individuals with disabilities. For more information, visit www.AlpertJFS.org/ or phone 561-684-1991.

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