



## Press Release

### FOR IMMEDIATE RELEASE

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### **ALPERT JFS SUPPORTS OCTOBER DOMESTIC ABUSE AWARENESS MONTH, CONTINUES SERVICES, SUPPORT GROUP AND EDUCATIONAL PROGRAMS**

**WEST PALM BEACH, FL – October 9, 2020** – Alpert Jewish Family Service (Alpert JFS) is on a mission to raise awareness about domestic abuse in the Jewish community, as well as nationwide. For many, home is anything but a sanctuary. The U.S. Department of justice has estimated that 1.3 million women and 835,000 men are victims of physical violence by a partner annually. Every nine seconds, a woman in the U.S. is beaten or assaulted by a current or former significant other.

Alpert JFS has ongoing domestic abuse services, an online support group, educational opportunities, and a teen dating abuse and bullying prevention programs.

The agency's Domestic Abuse Program exists to help victims identify abuse, create a personalized safety plan, and provide direction to local and out-of-state domestic abuse resources.

The "Women in High Conflict Relationships" support groups, held via Zoom on Wednesday afternoons at 1:00 p.m. or Thursday evenings at 5:30 p.m., enable participants to 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. A 10-week commitment is required of participants. To register for the group or for questions about the program people need to call the Alpert JFS Chai Line at 561-684-1991.

Alpert JFS mental health professionals conduct workshops for synagogues, organizations and teen groups designed to teach warning signs and end the cycle of abuse. Employers may engage in consultations regarding the effects of domestic abuse in the workplace, workplace safety, and how to assist an employee who may be experiencing abuse.

The "Relationships and Decisions for Teens Program" develops Jewish teen leaders to teach other Jewish adolescents about healthy relationships, stereotypes, and self-esteem, in the hopes of preventing bullying and abusive dating relationships.

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## Domestic Abuse Awareness Month

### Page 2

Alpert JFS invites individuals to be a part of KOLOT (Hebrew for “voices”), a coalition of representatives from Jewish and other community organizations, professionals, and volunteers. The group is on a mission to end abuse and encourage help seeking, through awareness and education, including accessible informational materials for victims, community education, and events.

“The Kolot Committee members and staff at JFS continue to work together, especially during this unprecedented pandemic, to let the women and men in our Jewish community know that we are here with support and help if you are in an abusive relationship,” said Co-Chair Carol Shubs. “We want you to know that you are not alone. There is no excuse for abuse.”

“Domestic Abuse Awareness Month 2020 is happening as COVID-19 has caused a spike in incidence of abuse and violence. Lockdowns may have ended with the Phase Three Reopening of Florida, but the abuse will not stop, and our education and prevention work must continue,” said Program Director of Domestic Abuse Sara Walsh.

Mark your calendars for February 16, 2021, for the Alpert JFS 17<sup>th</sup> Annual “No Excuse for Abuse” virtual event, from 7:00-8:00 p.m., featuring keynote speaker Elizabeth Smart, abduction survivor, advocate, author, and foundation founder .

To learn more about the domestic abuse support services of Alpert JFS, visit <https://www.alpertjfs.org/for-adults/domestic-abuse-support/> or phone 561-684-1991.

Established in 1974, Ferd & Gladys Alpert Jewish Family Service is a nationally accredited service provider for children, adults, seniors, and Holocaust survivors. The non-profit, non-sectarian organization is a trusted leader, with a team of more than 175 highly skilled professionals delivering high-quality care to community members. 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](http://www.AlpertJFS.org) or phone 561-684-1991.

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