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News Release

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## **Community needs to stop Domestic Violence Calgary Counselling Centre rallies Calgarians to pay attention and report domestic violence**

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Calgary, AB – May 27, 2008 – Today's apparent domestic violence situation in northwest Calgary is another harsh reminder of why domestic violence in Calgary is an issue for everyone in the community.

"Domestic violence is preventable and affects everyone", says Christine Berry, Director, Family Violence Program, Calgary Counselling. "People who see or suspect violence need to seek immediate help. People who suspect violence need to report the situation, so violence and death are prevented."

"Anything you know in your gut isn't right, such as listening to ongoing fights, should prompt people to place a call to police, a local shelter, Calgary Counselling Centre or the Distress Centre," confirms Berry. "Verbal and emotionally abusive behaviours are so often the precursors to physical abuse and people often don't even realize that what they are experiencing is actually a form of abuse. We can all help to prevent violence from becoming fatal."

Immediate action will help neighbors, friends and loved ones feel less alone and less helpless. If people get help early, physical abuse, violence and severe injury can often be prevented.

Individuals can be assured there are safe avenues for help, for both victims and abusers. Calgary Counselling Centre has programs for both males and females who have experienced violence, as well as programs to help males and females understand and change their aggressive, abusive behaviour and outbursts. Knowing about the appropriate resources can make the difference in preventing domestic violence from occurring.

"We are working hard to educate people about domestic violence," says Berry. "The more people who are aware of their rights, their choices and their options, the more people can seek help through a counselling centre such as ours. The more problems we can solve before the story ends with such a terrible tragic conclusion."

Calgary Counselling Centre participates in numerous family and domestic violence prevention partnerships with other agencies in the community, as well as in other parts of the province and country. We believe each individual needs to be aware of the resources available in their community. Playing a role to report violence, you help everyone affected by family violence.

For more information about how the Calgary Counselling Centre can help victims of domestic violence, please contact the Centre, in confidence, at (403) 691-5991 or visit [www.calgarycounselling.com](http://www.calgarycounselling.com).

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### **For more information, or to arrange an interview, please contact:**

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Calgary Counselling Centre is a registered charitable organization, and the leading research and knowledge-based counselling facility in Canada. Since 1962, the Centre has been committed to providing compassionate, professional and affordable counselling services that help build better lives for Calgarians through positive outcomes. Offering service in over 15 languages, the Centre is also a recognized leader in the treatment of family violence, depression, self esteem and eating disorders. Through its ongoing research and education programs, Calgary Counselling Centre strives to meet the changing needs of our community. The Centre's fee structure is based on income - no one is turned away for an inability to pay.