

# Resilience Rising

## UNDERSTANDING

### DOMESTIC VIOLENCE & SEXUAL ASSAULT

**Community  
Awareness  
Workshop**

by:

eliminating racism  
empowering women

**ywca**

union county

**Saturday,  
May 2nd  
2:00 pm- 4:30 pm**

**Third Tabernacle Beth EL  
(COGASOC)**

**1518 West 3rd Street  
Plainfield, New Jersey**

**In collaboration**

with:

Daughters of Jerusalem and  
Sisters of Mercy (DOJASOM)  
Plainfield and Newark, NJ



**Register here:**



Learn about us:  
[ywcaunioncounty.org](http://ywcaunioncounty.org)

# **Resilience Rising:** *Understanding* **Domestic Violence & Sexual Assault**

An educational and empowering workshop designed to raise awareness about domestic violence and sexual assault while fostering understanding, compassion, and community support. This event provides a safe and inclusive space to learn about the realities of abuse, its impact on individuals and families, and the importance of prevention and early intervention.

Participants will gain a deeper understanding of the dynamics of domestic violence and sexual assault, including common warning signs, myths and misconceptions, and the effects of trauma. The workshop also highlights the importance of survivor-centered responses and offers practical guidance on how to support survivors with empathy, respect, and care.

In addition to education, the workshop connects attendees to local and national resources, helping individuals understand where and how to seek help for themselves or others. Emphasis is placed on community responsibility, bystander awareness, and building safer, more supportive environments for all.

This workshop is appropriate for community members, professionals, students, and advocates who want to increase their knowledge, strengthen their ability to respond, and be part of the solution in ending domestic violence and sexual assault.

**Content will be presented in a trauma-informed manner. Support resources will be available.**