



We all have the right to a life without violence.

But the reality is that 1 in 3 Albertans will experience domestic or sexual violence in their lifetime, and the need for support services and awareness continues to increase.

**November is Family Violence Prevention Month, and Sonshine is committed to breaking the cycle of family violence, and supporting those who have been impacted by it.**

We're committed to working in and with community to provide safety, healing, and hope – and we'd like to invite you to join us in speaking out against family violence, raising awareness about warning signs and prevention, and offering empathy and compassion to survivors.

Family violence is prevalent in every community and affects all people regardless of age, socio-economic status, sexual orientation, gender, race, religion or nationality.

**It can affect any of us, so it will take all of us to end family violence.**

**Join Sonshine in our commitment to break the cycle of family violence by becoming a monthly donor.**

*If you're experiencing family violence, call the Family Violence Information Line at 1-780-310-1818 (toll-free, 24/7, multi-lingual service available). If you are experiencing sexual violence, call Alberta's One Line for Sexual Violence at 1-866-403-8000.*



**Be a part of the world's largest generosity movement!**

On **November 29, 2022** across Canada and all around the world, nonprofits, companies, and

individuals just like you will come together to thank, help, show kindness, and share what they have with those in need.

Everyone has something to give, and every act of generosity counts.

**Be sure to save the date and stay tuned for more information on what Sonshine has in store for GivingTuesday 2022!**

From November 1 to November 30, 2022, **Sonshine Community Services**, the **Brenda Strafford Centre**, and **Discovery House** are joining together to raise funds with the '**Strong Like a Woman**' campaign.

We've partnered with fitness studios and gyms to benefit the vulnerable women and children who need our support.

Funds raised from classes in November will go directly to Sonshine.

**Follow us on our social media** channels for class time and registration details!



### Community Counselling

Sonshine's team of incredible counsellors are here to help you move toward healthier relationships, hope and healing.

Our counselling services are available for everyone, and offer a safe and nurturing space to work through family violence, depression, grief, marital and relationship conflict, and more.

[Learn more.](#)



### Sonshine Children's Centre

Now accepting new enrolments! Find inclusive, therapeutic care for children 19 months to 6 years in central southwest. Financial aid subsidies are available.

Our goal is to offer an enriched care environment that is able to meet the unique needs of each child and support their social and emotional development.

[Learn more.](#)

## Articles of Interest

- [University of Calgary study finds rise in family violence during pandemic](#)
- [Government of Canada to Fund Crisis Hotlines Responding to Gender-Based Violence in Yukon](#)
- [ACWS partners with Alberta Junior Hockey League to combat gender-based violence](#)
- [Pets often caught in cycle of domestic violence](#)
- [8 Ways to Help a Victim of Domestic Violence](#)

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## More Ways to Support Sonshine

### [SkipTheDepot](#)

Check an errand off your to-do list and donate to Sonshine at the same time with [SkipTheDepot](#)! Download the app to schedule a recycling pickup today.

### [TruEarth](#)

Shop eco-friendly goods from Vancouver's [TruEarth](#) and 20% from your order will be donated directly to Sonshine. Free shipping is available for all orders to Canada and the US.

### [Sisters' Story Coffee](#)

[Stock up](#) on organic, Fairtrade coffee exclusively from farms owned and operated by Indigenous women in Peru and 15% of your order will be donated directly to Sonshine.

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[Donate](#)



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