

Domestic Violence OUTREACH PROGRAM



“We believe every person knows what is best for them; they are the expert on their own life. We are here to help them do what they feel is best for them.”

- We work with people of all gender identities who have been affected by abuse and live in the greater Fredericton area. They may be dating or residing with someone who is abusive, have left an abusive relationship or have questions about their relationship.
- Depending on the situation, we can meet with clients at our office, in their home, elsewhere in the community or remotely (either by phone or online audio/video call).
- We offer both individual and group services – all are free, confidential (within legal limits) and require *no* formal referral. Individual sessions are held during Liberty Lane’s regular business hours (weekdays from 9 am to 5 pm, excluding holidays). Some group sessions are held after hours (select weeknights).
- We work to a certain extent with friends and family members of abused persons. We also serve the community at large in the form of education and awareness initiatives.

INDIVIDUAL SERVICES:

- **Emotional Support** – trauma-informed and sensitive to the dynamics of domestic violence, can include crisis intervention and assistance with basic needs (resources permitting)
- **Danger Assessments & Safety Planning** – helping individuals identify their risk factors and respond accordingly
- **Education/Awareness & Personal Self-Development** – helping individuals become more informed and make positive changes in their lives
- **System Navigation** – providing information, referrals, accompaniment, advocacy, assistance with *Emergency Intervention Order* applications, etc.

GROUP SERVICES:

- **FIERCE** – Designed to promote Freedom, Inspiration, Education, Resilience, Collective support and Empowerment. Explores a series of session topics, which are organized into four different modules: self esteem, assertiveness, other life skills and domestic violence. See group flyer for more details.



506-458-9774
www.libertylane.ca



How Do I Access the Outreach Program?

The process can vary depending on the circumstances, but typically the first step is to call Liberty Lane's Outreach Line (458-9774) or email the Outreach Coordinator (OutreachCoordinator@libertylane.ca). You will be connected with a specific Outreach Worker, who you will be able to contact directly moving forward.

The next step is for you and your Outreach Worker to schedule an intake appointment at the first available opportunity (usually within a week). The purpose of this initial meeting is for the two of you to: get acquainted; exchange some preliminary information (i.e. the basics of your situation and how they may be able to help); identify any specific needs/priorities that you have; and decide how to start addressing those needs/priorities.

Follow-up meetings can then be arranged upon request. Appointments are typically scheduled for one hour on a monthly or bi-monthly basis, but the timeline will ultimately depend on the urgency of your situation with respect to your level of risk/safety.

Outreach services are designed to be as flexible as possible to adapt to your unique needs/priorities, but there are limitations.

➤ **We do not offer professional counselling.**

Supporting people affected by domestic violence is our area of expertise, but outreach services should not be treated as an equivalent to or substitute for professional counselling.

➤ **We are not a dedicated crisis service.**

The best way to access outreach services is to book an appointment in advance. Although crisis intervention is one way we can help clients, we are not in a position to provide immediate support whenever it is required. We are a small team managing a large caseload within limited business hours, so we are not always readily available. Feel free to contact your Outreach Worker anytime, but you may have to leave a message for them to get back to you as soon as they are able. If you need immediate support, there are a number of dedicated crisis services at your disposal. Unless otherwise specified, the following services are available 24 hours a day / 7 days a week / 365 days a year.

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| Women In Transition House | 459-2300 |
| Gignoo Transition House (live chat option at gignoohouse.ca) | 1-800-565-6878 |
| Mobile Crisis Unit (daily: noon – 10 pm) | 453-2132 |
| Sexual Violence New Brunswick Support Line (daily: 5 pm – 8 am) | 454-0437 |
| CHIMO Helpline (live chat option at chimohelpline.ca from 5pm - midnight) | 1-800-667-5005 |

➤ **Confidentiality is not absolute.**

Protecting your privacy is one of our top priorities. Although some *non-identifying information* will be shared for statistical purposes, no *identifying* information or records of your participation in outreach services will be knowingly released to anyone outside Liberty Lane without your informed consent *unless we are legally obligated*. A legal obligation exists when it comes to our attention that: someone is likely to harm themselves or others; a child or vulnerable adult is being harmed; or a child is being exposed to domestic violence. A subpoena or court order also creates a legal obligation.