

# Domestic Violence OUTREACH PROGRAM



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*"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."*

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- We work with women, men, transgender folks and non-binary identifying individuals who have been affected by abuse and are residing in the greater Fredericton area.
- They may be dating someone who is abusive, living with an abusive partner, have left an abusive partner or have questions about their relationship.
- Depending on the situation, we can meet clients at our office, their home or in the community.
- We offer both individual and group services, all of which are free and confidential within legal limits. Individual services are available weekdays and group services are available on select weeknights.
- Some of our services extend to 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** – crisis intervention (including assistance with *Emergency Intervention Order* applications), accompaniment, advocacy, etc.
- **Danger Assessments & Safety Planning** – helping individuals increase their safety in or out of a relationship
- **Personal Self-Development** – helping individuals make positive changes in their lives
- **Information & Referrals to Community Services** – including legal aid and counselling

## GROUP SERVICES:

- **FIERCE** – Designed to promote freedom, inspiration, education, resilience, collective support and empowerment. This group covers a series of session topics, which are organized into four different modules: self esteem, assertiveness, other life skills and domestic / intimate partner violence. Sessions are held twice a month, throughout the year. This group is free and available to any female-identified person in the community, but registration is required.



506-458-9774  
[www.libertylane.ca](http://www.libertylane.ca)

