

# A Call to Faith Communities during COVID-19: *Healing and Helping* 3-part series for congregations

1-hour virtual Workshops hosted on the Zoom platform.

All workshops are facilitated by Safe Communities team members.



## Part 1: Healing ourselves: Recognizing the traumatic impact of COVID-19

When we experience massive upheavals in our lives and feel we have lost agency and control, we are entering the territory of trauma. Social isolation, sheltering in place, fear of the unknown, uncertainty about what a new 'normal' will look like, risking our lives to work, heartbreak over the loss or illness of loved ones, the economic upheavals have resulted in massive social trauma on a scale unimaginable just a few months ago. This workshop focuses on the traumatic impact COVID is having everyone and offers tips and tools to help us cope with it.



## Part 2: Protecting children from sexual abuse during COVID-19

1 in 4 girls and 1 in 6 boys are sexually abused. Because of COVID, children are no longer in regular contact with teachers, pastors, nurses, program directors and others who could help them. Mandated reporting is down 50% and many children are sheltering in place with perpetrators, as most of sexual abuse happens within a child's intimate circles. People in congregations can play a vital role in protecting children during COVID by learning to recognize and respond to possible signs of sexual abuse in any child we come into contact and conversation with from our front porches, on our farms, or in small gatherings of neighbors and friends.



## Part 3: Helping survivors of sexual abuse and domestic violence during COVID-19

Fear of the unknown, and loss of control over daily routines, is particularly hard for survivors of sexual abuse with trauma-sensitized neurobiological systems. Many do their best every day to live with the long-term impacts of trauma – such as PTSD, acute anxiety, and depression. The social conditions of COVID-19, including isolation, can trigger reactivation of earlier trauma. In addition, many women (and some men) are sheltering in place with abusive partners. Calls to Domestic Violence hotlines are down, while all indications are that domestic violence is rising. Many survivors of past or current abuse remain invisible to their congregations, silenced by shame. Learn how you can help.

Contact us to schedule:  
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Cost is \$300 each or  
\$825 for all 3.