



## ***Monarch Services Welcomes Domestic Violence Awareness Month***

***#1Thing Can Make All the Difference***

### **FOR IMMEDIATE RELEASE**

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**Overview:** Tomorrow, Oct. 1 marks the beginning of Domestic Violence Awareness Month. According to the [Centers for Disease Control](#), 1 in 4 female-identifying individuals and 1 in 9 male-identifying individuals have experienced sexual violence, physical violence and/or stalking by an intimate partner in their lifetime.

While *Monarch Services* supports survivors of domestic violence every month, October is a unique chance for community members to proactively discuss domestic violence, demonstrate their support for survivors and raise awareness. Domestic violence impacts millions of people each year, but it can be prevented. Prevention requires the collective voice and power of individuals, families and institutions.

Inspired by [NRCDF's #1thing](#) campaign, this year *Monarch Services* challenges the Santa Cruz County community to brainstorm "one thing" they can do to help prevent domestic violence or help a survivor. The idea is that if many people each take one action against domestic violence, the community will benefit and the prevalence of domestic violence will decrease.

This October, join us as we mourn for those whose lives were taken by domestic violence, celebrate survivors' healing process and unite against domestic violence. To raise community awareness and catalyze discussion and action, *Monarch Services* will be hosting "Purple in the Park" on [National Wear Purple Day](#). Purple is the color of domestic violence awareness month and participants are encouraged to wear purple to the event to stand in solidarity with survivors and their loved ones. This event will take place on Oct. 24 at Anna Jean Cummings Park from 3-7 p.m. Stay tuned for additional information on this community event. In the meantime, consider actions you can take daily against domestic violence.

#### **Actions you can take to address domestic violence:**

- Be a caring and consistent adult in the life of a child
- Talk to loved ones about violence and oppression
- Create a culture of consent in your home
- Use social media to raise awareness among your peers
- Listen to and validate a survivor of trauma

#### **About Monarch Services:**

*Monarch Services has a 40-year history in Santa Cruz County of providing advocacy and resources to community members affected by violence. Services include court accompaniments, restraining order assistance, counseling, emergency shelter, 24-hour crisis line, outreach, education and support groups. Monarch Services is the only rape crisis center in Santa Cruz County and includes an emergency response team. All services are available in Spanish and English and are free or low cost.*