

Community Education Service



Improving emotional health and wellbeing

Real Talk: Break the Cycle of Domestic Abuse

Presented by: Trevor Williams & Dana Zegers, Real Talk Coordinators, Sagesse

Domestic abuse is at epidemic levels in Alberta with 1 in 3 individuals experiencing violence in their lifetime. Incidents of domestic abuse exist across rural and urban areas, within all cultural and faith communities, all ages, amongst university educated professionals with a roof over their heads and those who don't know where their next safe place to sleep will be. Children are significantly impacted living in homes where domestic abuse occurs, and early identification of difficulties can lead to earlier and more effective support for children and their families. It's time to get real. In Real Talk participants will learn how to recognize and talk about domestic abuse, they will learn how to support someone if they know or suspect that they might be experiencing it and learn where and how they can refer to community resources.

November 25, 2025
11:00 AM – 12:30 PM

[Click here to register](#)

FREE

online event



This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of [Recovery Alberta](#) and [Real Talk, Sagesse](#).

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