

Upcoming DCJS Virtual Trainings

To register for any of these training, please go to
<https://www.dcjs.virginia.gov/training-events>

- **“DCJS Victims Services Virtual Roundtable Discussion: Helping Survivors ‘Thrive’ in Times of COVID-19”**

August 18, 2020, 10:00 a.m. - 11:30 a.m.

No longer a victim, beyond a survivor, she is a ‘thriver’ on the brink of a new life, creating a new future for herself and her children. But what if her pursuit of these exciting new goals is interrupted by a global pandemic with impacts that are wide-ranging, relentless and very frightening? Join Susan Omilian for a Roundtable Discussion to share and cultivate ways to help survivors navigate this crisis and continue their journey beyond abuse (domestic violence, sexual assault, and child abuse). Over the last twenty years, Susan’s award-winning work, described as “life changing,” has helped women enter the Thriver Zone and stabilize their lives emotionally, socially and financially. Now, she is engaging these women in a non-judgmental way to keep them positive in this crisis and find opportunities, while reducing their isolation and managing their trauma triggers.

- **“DCJS Victims Roundtable Discussion-Loss, Healing, and Resilience: Surviving and Thriving in the Midst of a Pandemic”**

September 9th - 9:00 am to 12:00 pm

The coronavirus pandemic (COVID-19) has left many of us struggling with uncertainty, fear, and unexpected losses; we’ve lost loved ones, financial stability, social connections, and daily routines that helped us manage difficult and challenging times. Many of us are also experiencing hopelessness and sadness regarding the ongoing violence in our communities. Many of us are anxious about life and death issues, as our country gets ready to end shelter-in-place orders. *How can we survive and thrive in the midst of so much chaos, fear, and uncertainty?*

Join us for a presentation and conversations about the impact of trauma, strategies for managing stress, and ways to move forward during and after COVID-19. Presenters will focus on building effective and sustainable self-care practices, and offer unique strategies for restoring peace, joy, hope and healing in participants’ lives and communities.

The Seven Steps to Thriving After Abuse: Empowering Victims To Take the Journey Beyond Surviving

September 15, 2020, 10:00 a.m. - 3:00 p.m.

Description of Training:

The Virginia Department of Criminal Justice Services is pleased to announce that registration is now open for "The Seven Steps to Thriving After Abuse: Empowering victims to Take the Journey Beyond Surviving".

This free, one-day, online training will be presented by attorney, advocate, and author, Susan Omilian. When Susan's nineteen-year-old niece Maggie, a victim of dating violence, was killed in 1999, Susan transformed the tragedy into a unique opportunity to help others move beyond abuse and violence in their lives as Maggie could not.

Susan now empowers survivors of domestic violence, sexual assault and child abuse with her unique, innovative techniques for taking the journey from victim to survivor to thriver. She will demonstrate her *Seven Steps to Thriving* and *A Road Map to Manifesting a Life of Power and Purpose* developed over the last 20 years in her *My Avenging Angel Workshops*,™ based on the idea that living well is the best revenge. Her work, described as "life changing," has helped hundreds of women stabilize their lives emotionally, socially and financially. Be inspired, and inspire others in your organization or practice with Susan's award-winning, transformational work!

- **"DCJS Victims Services Virtual Roundtable Discussion-Redefining We: Building Beloved Communities"**

October 13th - 9:00 am to 12:0 pm

DCJS is pleased to announce that registration is now open for "DCJS Victims Services Virtual Roundtable Discussion - Redefining We: Building Beloved Communities." This moment, the global pandemic of COVID-19, calls upon us to address the root causes of violence and oppression and center the lived experiences of survivors of color in order to end systemic racism and attain safe and thriving communities. At its core, our work is about fostering thriving individuals, families and communities, which makes addressing the impact of COVID-19 imperative at this challenging and uncertain time.

This pandemic calls upon all of us to re-examine policies and practices that reinforce racism and patriarchy and consider how we boldly pivot our work moving forward. How do we support survivors and advocates in creating brave spaces and thriving communities while we dismantle biased systems?

Join us for a critical conversation to explore new and creative ways to create more equitable services that are rooted in values of justice, equity, and inclusion.

- **Strengthening the Response: Community Collaborations at the Intersections**

September 29-30 OR October 21-22 from 10:00 am until 3:30 pm

The purpose of this 2-day virtual training is to bring together advocates and community leaders to engage in peer learning and action planning to strengthen individual, community, and systemic responses for persons who have experienced gender-based violence.

The facilitator and participants will engage in critical conversations about building and leveraging meaningful relationships when working with survivors, and in communities, that have experienced multiple levels of trauma. Participants will have the opportunity to share challenges and opportunities for mobilizing traditionally marginalized communities to prevent and respond to domestic violence and other forms of gender-based violence.

Advocacy models and best practices that integrate an intersectional analysis and approach, and strategies that are grounded in safety, equity, resilience, connectedness, hope, and healing will all be introduced. Applying this intersectional approach to advocacy work allows intentionality on how individuals think about and view access, power, equity, and success.

As a result of this training, participants will be better equipped to create interventions and programs that are welcoming, inclusive, and attuned to the range of individuals' lived experiences and identities, and appropriate for the families they serve.