



## Overview of JCADA's Educational Training

---

### **Power-Based Violence 101**

(75 mins – 90 mins) Power-Based Violence 101 is an interactive presentation in which participants consider the dynamics of a couple and whether their relationship is abusive, identifying warning signs and dynamics of an abusive relationship. Participants also learn about the resources available to survivors; the different ways power-based violence can manifest itself; and ways to support survivors of power-based violence. This presentation also dispels many common myths around domestic violence. According to the National Network to End Domestic Violence, one in three women will experience rape, physical violence, or stalking by an intimate partner in their lifetime. This workshop provides an opportunity to introduce anyone to the skills they need to help someone who may be a victim of power-based violence.

**The goal of this unique workshop is to create a safe and open environment to discuss the dynamics of an abusive relationship and ways to be supportive of victims/survivors.**

---

### **Power-Based Violence in the Workplace**

(75 mins – 90 mins) Power-Based Violence in the Workplace discusses the impacts of power-based violence in the work environment. In light of the #MeToo and #TimesUp movements, this training for organizational leadership and staff addresses how power imbalances in the workplace can create a hostile work environment and how to mitigate that. Through this training and technical assistance to create corresponding HR policies, this workshop is great for organizations and synagogues both large and small. This workshop also discusses the importance of the language we use and ways to signal to survivors that they are in a safe space to share or open up.

**The goal of this unique workshop is to create a safe and open environment to discuss workplace power dynamics.** For a more individualized review of policies and procedures, and to have your own policies and procedures incorporated into the training, please contact [chakoya@jcada.org](mailto:chakoya@jcada.org).

---

### **Power-Based Violence for Professionals**

(75 mins – 90 mins) Power-Based Violence for Professionals is adapted for various professionals who work with and provide services for victims/survivors. JCADA has presented this training to Collaborative Divorce Professionals, Attorneys, Financial Advisors and Clergy. JCADA appreciates that many people in a helping role often struggle with other legal and ethical obligations while also trying to assist survivors. This training recognizes the difficulties someone in this position of power might have to responding to power-based violence and offers concrete solutions.

**The goal of this unique workshop is to create a safe and open environment to discuss the dynamics of an abusive relationship and ways to be supportive of victims/survivors. If you are in a community with specific needs, let us know and we can adapt the curricula to better address the issues you are facing.**

---

### **Our Mission at JCADA**

JCADA is a nonprofit whose mission is to **support** victims of domestic abuse to become empowered and live safely; **educate** the community about domestic abuse and appropriate responses; and **prevent** future generations from suffering domestic abuse. JCADA is committed to providing high-quality services to all residents of the Greater Washington DC community without regard to race, national origin, ability, background, faith, gender, or sexual orientation.

**Bring a JCADA training to your office, Synagogue, or community!**

For a fee quote or for more information, contact the Outreach/ Education team at [jcada@jcada.org](mailto:jcada@jcada.org) or 301-315-8040.