

SOAR SERVICES

- One-to-one sessions for women
- Peer Mentoring and Volunteer Mentoring
- Survivors online group (by screening and invitation)
- Support Groups and Workshops
- Online Support Groups
- Saturday Social Club
- Range of self-expressive art initiatives, groups, courses, therapeutical groups
- Outreach
- Advocacy Work
- Liaison with other agencies active in the field: Police, FSWS, Schools, other NGOs
- Training
- Triple R Trauma informed Domestic Abuse Programme



DONATE HERE

Simply ...
Through a donation by visiting
our page on
www.antidemalta.org

Or sending and SMS
€6.99 - On 5061 8909

OR

€11.65 - On 5061 9217

SOAR

SURVIVAL OF ABUSE WITH RESILIENCE

As survivors of domestic violence,
we have a shared experience.
We are trained to support you.
We are here for you.



S O A R

Soar is a survivor-run support and peer mentoring service. It was founded in 2012 by the St Jeanne Antide Foundation to offer sustained support to women survivors of domestic violence and their children.

DOMESTIC VIOLENCE IS ALL ABOUT POWER AND COERCIVE CONTROL

1 IN 3 WOMEN

are affected by Intimate Partner Violence in Malta and Gozo

Domestic violence is a criminal offence under CAP 581 of the Gender-based Violence and Domestic Violence Act of the Laws of Malta.

You can report abusive and violent behavior to the Police GBDV Hub in Floriana (Tel: 2294 2717/ 2294 2777)

Seek DV social worker support from Agenzija Appogg on (Tel:179 or 2295 9000).

Other useful contacts:

Victim Support Malta (+356 2122 8333)
Victim Support Unit, Malta Police (+356 2299 9000)
Victim Support Agency (+356 2568 9700)
Violet Support Online (www.vso.org.mt)
Kellimni.com

IN CASE OF EMERGENCY CALL 112

WHAT'S BREWING ...

Soar is working to have its own one-stop-shop (The Soar Survivors' Hub). The Hub will be similar to a day centre, open during daytime and evening hours, with access to the range of services and activities offered by SOAR.

SOAR will be able to extend and grow its services, offering a pop-up office and library for use by survivors to research, study or photocopy and print. It will also offer patches of the garden for women and children to cultivate their own organic produce. The Hub will have a space that will act as a multimedia and multi-sensory room, opening up the doors to a new range of services that will include on-site training, well-being sessions (yoga, meditation, mindfulness etc.) and the occasional movie night. The garden will include a butterfly garden as an outdoor space for well-being activities and a herb garden.

The Hub will also house the SOAR offices, a kitchen to cook and serve Saturday lunch and a consultation room that can be booked by practitioners to meet survivors. Another section of the Hub will be used by Meraki Soaps, SOAR's social enterprise - Meraki Soaps is an initiative that is contributing to the sustainability of the Creative Peer-mentoring Programme.

SOAR SERVICES

SURVIVORS OF DOMESTIC VIOLENCE SUPPORTING SURVIVORS

E-mail: soar@antidemalta.org | Facebook: SOAR Malta | Tel: 2180 8981 / 2180 9011 / 2767 2367

SOAR is a service of the:

ST JEANNE ANTIDE FOUNDATION - VO/0005
51 Tarxien Road,
Tarxien TXN 1090 Malta

www.antidemalta.org | Facebook: Fondazzjoni St Jeanne Antide



St Jeanne Antide
Foundation

With grateful thanks to MPS Ltd for the design and printing and for ongoing support.

DIFFERENT FORMS OF VIOLENCE AND ABUSIVE BEHAVIOUR WHICH DEGRADE AND RESTRICT VICTIMS' FREEDOM



PSYCHOLOGICAL

Intimidation, threats, incessant ridicule and blaming, denying basic needs, mind games, isolating victim from own children, family, friends and colleagues.



PHYSICAL

Pushing, shoving, hitting, kicking, hair pulling, pinching, punching, attacking with a weapon.



SEXUAL

Rape, sexual coercion, exploitation.



FINANCIAL

Limiting access to money for basic needs, demanding victim's income, not paying maintenance.

FINANCIAL ABUSE often leads to POVERTY.

An **ABUSIVE RELATIONSHIP** leads to **MENTAL ILL HEALTH**, helplessness, hopelessness, and suicidal ideation.

VIOLENCE IN INTIMATE RELATIONSHIPS

The term "intimate partner violence" describes physical, sexual, emotional and psychological harm and financial abuse by a current or former partner or spouse. This type of violence can occur among heterosexual or same-sex couples.

TESTIMONIAL

Antonella – "For once I felt that others were congratulating me for my courage. They were saying to me: "You have the courage to keep going for each day one after the other. We are here for you to help you put the pain behind you." That's what I really needed to know - that others care for me, for what happens to me. They need me as much as I need them. The amount of support, hugs, love, and respect I have received through the years of being a SOAR member has led me to value myself and this year I will be pursuing a full-time course at MCAST in Health and Social Care. I want to work in the family support field so as to support women and children the way my family was supported."



SOAR
Women Supporting Women Service
Est. 2012

GASLIGHTING

You may be a victim of gaslighting without realising it.

Watch out for these signs.

- You lost your confidence during the relationship.
- You blame yourself for being too sensitive.
- You minimize your partner's actions and excuse them.
- You question yourself constantly.
- You cannot stop apologizing.
- You now believe that you deserve to be alone.
- You feel that you always make bad choices.
- You think that you do everything wrong.
- You are unhappy for no reason.
- You believe that you are not good enough.
- You get confused easily.

WHAT IS COERCIVE CONTROL?

A subtle pattern of behaviour which seeks to take away freedom & sense of self through demands, threats, exploitation & surveillance.

Coercive behavior

- Threats
- Humiliation
- Intimidation
- Assaults
- Depriving you of money
- Use of harm, punishment, and fear

Effects of Controlling behavior

- You become a personal slave.
- Ending up feeling unable to cope without them.
- Are isolated & alone.
- Feeling exploited but helpless to do anything about it.
- Unable to meet basic needs.
- Your independence and sense of self are stolen.
- Lethargic, anxious, depressed, afraid.
- Feeling that ending your life is a way out.

"HOW ARE YOU TAKING CARE OF YOURSELF?"

Self-care is very important. It is easy to forget about it when you're just coming out from an abusive relationship. Taking care of yourself can be as simple as eating a good breakfast or getting enough sleep at night – doing it every day is what's important.

"LET'S BRAINSTORM TOGETHER"

Whether you are trying to improve communication with your partner, planning to co-parent with an abuser, or finding ways to feel safer at home, you will always have options. The SOAR team of trained survivors of domestic violence can help you explore and sort through your options to figure out what's best for your specific situation.

"WHAT HAVE YOU CONSIDERED SO FAR?"

You are the expert of your situation. People contact SOAR at various stages of their relationships. So, when meeting you, we'll need to understand what steps you're ready to take in order to provide you with informed support. Our Peer Mentors will never make decisions for you – only you have the right to do that. Discussing your options is a useful way to make your own best decisions.

SHOULD I ATTEND A SUPPORT GROUP?

Online support groups are not meant to replace counselling or therapy. In fact, while most mental health professionals would advise that attending an online or face-to-face support group can be beneficial for your healing, it is important to remember that the groups are not designed to address mental health issues. They are, however, a great safe place to share what you are experiencing and learning with other persons who, like you, have experienced the horrible effects of an abusive relationship.

TESTIMONIAL

Daniela – "When I went for my first one-to-one session, I felt an instant sense of belonging. I knew that they could really understand everything I went through without the need of explaining everything in detail. At SOAR, I found my extended family as 7 years after my first visit I still meet them often during our social outings, one-to-one sessions or other activities organized from time to time."