



**DOVE CENTER**  
shelter - advocacy - counseling

## Press Release

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Media Contact: Adele Pincock, Outreach & Development Director, [adele@dovecenter.org](mailto:adele@dovecenter.org)

### Local Giving Circle Provides Funding for Self-Protection Course

**St. George, UT--** St. George's DOVE Center was awarded a \$1,250 grant from Three Corners Women's Giving Circle to support the continuation of the college-accredited *Self-Protection Course*. The grant funds will specifically be used to cover tuition and fees for DOVE clients, make course materials available to all clients, and help support the purchase of safety equipment for skills practices. The course focuses on increasing personal competency and effectiveness through a combination of classroom time and practice sessions in the gym. Students who have completed the course indicate it was highly effective in increasing their overall confidence, empowerment, and physical ability to protect oneself. "We made this grant to DOVE Center because the objectives of the *Self-Protection* course reflect our mission to support programs that enhance women's education, safety, and health," said Stephanie Martini, Founder the Giving Circle. "The fact that the course is also open to the community means our grant can help with the prevention of domestic violence in the whole community."

The Utah Department of Health reports that rape in Utah occurs at a higher rate than the national average (63.7% per 100,000 compared to 57.4% in 2008). In a state where violent crimes are historically half to three times lower than the national average, this is concerning. Additionally, 43% of homicides in Utah are domestic violence related, compared to a national average of around 30%. In any given month, the state of Utah averages one domestic violence related homicide and three domestic violence related suicides.

DOVE Center reports that Utah statistics on violence against women motivated their decision to collaborate with the Personal Safety Coalition to make the *Self-Protection Course* available to clients, all of whom are survivors of domestic or sexual violence, and the community at large. The hope is that the course experience will strengthen the resolve and ability for individuals to avoid and leave unhealthy relationships and establish healthy relationships instead.

"We assist survivors of violence every day," said Adele Pincock, Director of Community Outreach programs for DOVE. "Our knowledge of these statewide statistics, combined with the knowledge of the personal experiences of our clients, strengthens our resolve to provide comprehensive education on personal safety. Financial support from groups like Three Corners Women's Giving Circle makes it possible for our clients to access this life-changing, life-saving class."

The *Self-Protection Course* is offered each semester at DSU with the next course beginning August 22. For more information on the course, visit <http://dovecenter.org/education/personal-safety>.

To learn more about DOVE's awareness and prevention programs, submit an inquiry to [outreach@dovecenter.org](mailto:outreach@dovecenter.org) or call the DOVE Center office at 435-628-1204.

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Note for the editor: DOVE Center is a 501.c.3 not-for-profit organization committed to providing safe, caring, and confidential shelter, advocacy, and support for victims of domestic violence, rape, and sexual assault; and to reducing the incidents of abuse through prevention education. For more information go to [www.dovecenter.org](http://www.dovecenter.org)