

OCTOBER 2020: DOMESTIC VIOLENCE AWARENESS MONTH

An interactive online campaign brought to you by

WomenShelter of Long Beach | WSLB.org/DVAM20



October is National Domestic Violence Awareness Month (DVAM). Roll up your sleeves and actively follow along, because *We Have Work to Do* #WHW2D!

Coping with the effects of a pandemic, struggling to dismantle systemic racism, and addressing natural disasters have brought longstanding inequities and injustices to the forefront across the globe. As an organization serving domestic violence victims and survivors, we have witnessed how these issues have compounded the trauma, barriers, and vulnerability of those affected by domestic violence. At WomenShelter, it has become abundantly clear that we have work to do as individuals, service providers, communities, and a nation. In recognition of DVAM, we invite you to begin or continue this work by participating in our interactive online *We Have Work to Do* #WHW2D 31-day calendar.

Instructions for using our We Have Work to Do calendar:

- Save the calendar as a friendly reminder to yourself about what is happening each day. We encourage you to share it with family, friends, and colleagues via email and on social media. Doing the work is not a job for one, but rather, a collective effort!
- **To learn more about each day's activity, visit WSLB.org/DVAM20.** The calendar on our website will provide detailed information, instructions, and links. You will also find links that will allow you to easily download our calendar of events to your Google and iCal calendars.
- We want to recognize the great work that you are doing all month long! So, share it with us by posting on social media, tagging us on Facebook and Instagram (@WomenShelterLB), and using the following hashtag in your captions: #WHW2D.
- **If you have questions regarding any information or activities on the calendar or our services, please send us an email at Info@WSLB.org.**

Thank you, and we look forward to doing this work together!

OCTOBER 2020: DOMESTIC VIOLENCE AWARENESS MONTH

An interactive online campaign brought to you by

WomenShelter of Long Beach | WSLB.org/DVAM20



SUN	MON	TUES	WED	THURS	FRI	SAT
				<p>1. We have work to do! Roll up your sleeves, subscribe to our newsletter, and follow us on FB and IG: @womenshelterLB</p>	<p>2. #WHW2D Challenge Post a photo/video that highlights the work you plan to do this month. Tag two friends to join you!</p>	<p>3. Trigger Warning This work can be hard and may elicit uncomfortable memories or emotions, but you are not alone.</p>
<p>4. Self-Care Sundays What is self-care? Why is it important?</p>	<p>5. What is Domestic Violence? Breaking down the complex nature of DV</p>	<p>6. The Numbers Black women and domestic violence</p>	<p>7. On Wednesdays, We Read! "DV - Communities of Color" by The Women of Color Network (WOCN)</p>	<p>8. COVID-19 and DV How is COVID-19 affecting DV victims and survivors?</p>	<p>9. Doing the Work Speaking to an advocate in the field: Carla Vargas</p>	<p>10. Affirmations You made it through the first week. Show yourself some love by doing a fun activity with our staff!</p>
<p>11. Self-Care Sundays The power of music</p>	<p>12. Youth in Action Speaking to youth doing the work: Taria Ramdhani</p>	<p>13. The Numbers Children and domestic violence</p>	<p>14. On Wednesdays, We Read! "The ACE Study..." by The National Association of Social Workers (NASW)</p>	<p>15. Fact: Your Voice Matters! Register to vote by the deadline 10/19</p>	<p>16. The Violence Against Women Act (VAWA) What is it? Why does it matter?</p>	<p>17. Affirmations Share an affirmation with yourself and/or a loved one!</p>
<p>18. Self-Care Sundays Journaling 101</p>	<p>19. Last Day to Register to Vote!</p>	<p>20. The Numbers Men and domestic violence</p>	<p>21. On Wednesdays, We Read! "Healing Together: Shifting Approaches to End IPV" by The Alliance for Boys and Men of Color</p>	<p>22. Teal Table Talks Join us at Cerritos College as we discuss serving students</p>	<p>23. Community Resources You are not alone. Check out our resource guide to learn more about local services</p>	<p>24. Affirmations Share an affirmation with yourself and/or a loved one!</p>
<p>25. Self-Care Sundays Getting active</p>	<p>26. Causing Harm Why do people cause harm in relationships?</p>	<p>27. The Numbers The LGBTQ+ community and domestic violence</p>	<p>28. On Wednesdays, We Read! "Still Hidden in the Closet: Trans Women and DV" by Kae Greenberg</p>	<p>29. Making an Impact We all have different tools in our toolbox that can be assets to the movement</p>	<p>30. The Power of Art Join us for a special, live art workshop via Zoom</p>	<p>31. Quarantini Celebrating the work you did with an online happy hour. You did it, and this is only the beginning!</p>