



# Domestic Violence Awareness Month October 2020

Domestic Violence Awareness Month (DVAM) is a national event to bring awareness to issues around domestic violence. Our goal at Cerritos College is to provide education and support to the students, staff, and faculty around domestic violence.

**10/4 - 10/11 | All Week**

## **POST YOUR PET CONTEST**

Millions of people around the world love their pets, enjoying their companionship, going for walks, playing, and even talking to them. Pets are often considered part of the family. Offenders of domestic violence often have a pattern of abuse involving all members of the household - including children and pets. In honor of Pet Welfare Day, students and employees are encouraged to participate in this online activity. Check out @CerritosCollegeFalconSafe on Instagram for contest details.

**10/6 | 10 a.m. - 12 p.m. and 1 p.m. - 3 p.m.**

## **"SUPPORTING SURVIVOR'S OF INTERPERSONAL VIOLENCE AT THE INTERSECTIONS OF TRAUMA, OPPRESSION AND MARGINALIZATION"**

Tiombe Wallace, MFT, will build on employees' capacity to identify and respond to the intersection between discrimination, oppression and gender-based violence.

**10/13 | 1 p.m. - 3 p.m.**

## **GENDER-BASED VIOLENCE SURVIVOR'S AND IMMIGRANT'S LEGAL RESOURCE PANEL**

A panel comprised of on-and-off campus legal resources will share information about legal rights and resources (including U and T Visas related to Intimate Partner Violence (IPV), gender-based violence, human trafficking, and more).

**10/15 | 9:30 a.m. - 11:15 a.m.**

## **SELF-CARE MEDITATION WITH LAURIE ANGRESS**

Meditation helps us gain the ability to neutralize intense sensations, stress, negative feelings, emotions, and beliefs. The ultimate state of ease and well-being becomes accessible no matter the circumstances. This workshop will include a presentation on meditation and its benefits followed by a guided meditation experience.

**10/22 | 11:30 a.m. - 1 p.m.**

## **TEAL TABLE TALKS**

This month's workshop will feature advocates from various community organizations and shelters. Advocates will share information about lived experiences, motivations for personal service to community and individuals, and services available through their organizations.

**10/28 | 5 p.m. - 6:30 p.m.**

## **UP BROTHER**

This workshop will address the emotions brought on by experiencing and witnessing injustices and promote healing through catharsis for men of color. Participants will identify parallels between Intimate Partner Violence (IPV) and racism, and identify actions that can be taken to promote healing and support.

Please R.S.V.P. at <http://bit.ly/DVAM20RSVP>

If disability accommodations (e.g. communication access, alternate formats) are needed to participate fully in any event, please submit your request to [AccommodationsRequest@cerritos.edu](mailto:AccommodationsRequest@cerritos.edu) within seven days in advance of the event.



**Cerritos College**  
Office of Diversity, Compliance and Title IX

**Falcon Safe**

eliminating racism  
empowering women  
**ywca**  
greater los angeles