

#SpeakUpSpeakOut

MONTGOMERY COUNTY WOMEN'S CENTER

SEXUAL ASSAULT AWARENESS MONTH

JOIN US FOR A FULL MONTH OF VIRTUAL AWARENESS ACTIVITIES TO
KEEP YOU CONNECTED, ENGAGED & LEARNING.

COFFEE TALK

DAILY

FB LIVE @ 9AM

COFFEE TALK IS A TIME FOR US TO CHAT ABOUT VARIOUS TOPICS RELATED TO THE WORK WE DO WITH SURVIVORS AS WELL AS TEACH MINI SESSIONS ON TOPICS RELATED TO SEXUAL ASSAULT & DOMESTIC VIOLENCE.

TUESDAY TRIVIA

4/7 & 4/21

FB LIVE @ 2PM

JOIN US FOR AN INTERACTIVE TRIVIA GAME FROM THE COMFORT OF YOUR OWN COUCH. UTILIZING KAHOOT WE WILL HOST THIS EXCITING GAME WHERE YOU CAN WIN PRIZES BY ANSWERING QUESTIONS ABOUT SEXUAL ASSAULT & DOMESTIC VIOLENCE.

WATCH PARTY WEDNESDAY

4/8, 4/15, 4/22 & 4/29

FB GROUP @ 2PM

JOIN US FOR A LIVE WATCH PARTY FOR A VIDEO SCREENING & DISCUSSION.

4/8: BEHIND THE POST
4/15: BECAUSE I LOVE YOU
4/22: ANATOMY OF TRUST
4/29: WHO ARE YOU

THINK ABOUT IT THURSDAY

**GUEST PRESENTERS
ON ZOOM @ 10AM**

4/2: SEXUAL ASSAULT IN THE AFRICAN AMERICAN COMMUNITY

4/9: INTRODUCTION TO TRAUMA INFORMED YOGA

4/16: SERVING LGBTQ SURVIVORS OF SEXUAL ASSAULT

4/23: SEXUAL ASSAULT & STRANGULATION

4/30: CULTURAL COMPETENCY

FOOD FOR THOUGHT FRIDAY

4/3, 4/10, 4/17 & 4/24

FB LIVE @ 12PM

GRAB YOUR LUNCH AND JOIN US FOR SOME LEARNING!!

4/3: SEXUAL ASSAULT MYTHS

4/10: CONSENT CHAT

4/17: SELF CARE BOX

4/24: CONSENT FOR KIDDOS

VIRTUAL RESOURCE FAIRS

4/6, 4/13 & 4/20

ON ZOOM @ 12PM

JOIN US TO LEARN ABOUT RESOURCES AVAILABLE IN OUR COMMUNITY.

4/6: MONTGOMERY COUNTY

4/13: IMMIGRATION

4/20: LEGAL RESOURCES

4/27: MENTAL HEALTH & SUBSTANCE ABUSE

SELF CARE & YOGA WEEK

4/14: GUIDED MEDITATION & YOGA INSTRUCTION

4/15: HOW TO MAKE A CALM DOWN JAR

4/17: HOW TO MAKE A SELF CARE BOX