



COMMUNITY WALK

#Believer station	Be a Believer. Listen to survivors and believe their stories. Activity: Button Making Station Supplies: Colored pencil packs in your activity bag. You can say: "Thank you for telling me. I believe you. How can I help?"
#Striver station	 Stretch yourself to learn something new. Activity: Breathing for grounding. Punching for stress release. Supplies: Giant balloon in your activity bag. You can say: "I'm not sure. Can we find out together?"
#Braver station	Recognize and celebrate the courage it takes to heal. Activities: Therapy Dogs & Trauma-informed Yoga Participate: Please use sanitizer before visiting the pups! You can say: "It takes courage to talk about it. I think you're brave."
#Survivor station	No one chooses sexual violence, but anyone can choose their healing. Activities: Shape, create and mold healing with your hands. Supplies: Moon putty in your activity bag. You can say: "This is hard. I know that healing is possible."
# Jhriver station	 Say NO MORE to sexual violence. Build a safer, stronger community. Activities: Plant your own flower kit, & know that you can grow. Supplies: Pollination kit in your activity bag. You can say: "I'm committed to making our community safer."

Stop at the registration table between 10 am & noon for an Activity Kit. SARCC Staff & Volunteers are posted at stations to answer questions.

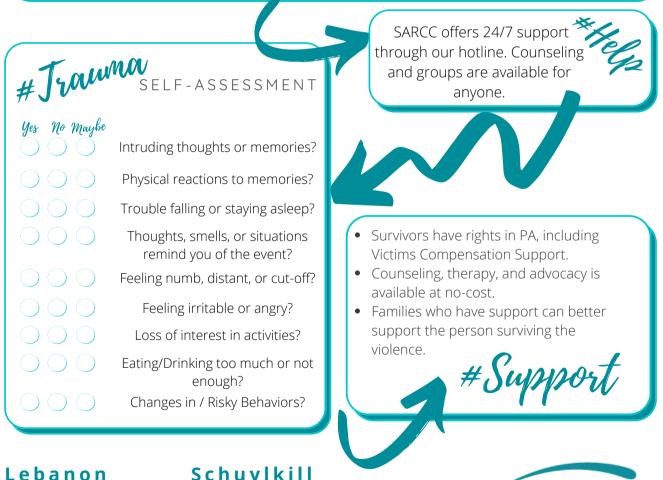
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FOR YOU TO KNOW # Thriver

WHAT IS SEXUAL VIOLENCE?

People who commit sexual violence may coerce, threaten, or use tricks to commit these acts. These are common tools of violence. A person who commits sexual violence is often known and trusted. Talking about it can be hard. Many survivors wait a long time to talk about what happened. All people have a right to healing and support.



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Prevent sexual violence. Promote healing.