



**Student
Health Center**
East Los Angeles College



The ELAC Student Health Center, SAAVE, the East Los Angeles Women's Center, and
the ELAC Domestic Violence & Sexual Assault Support Center Present

DOMESTIC VIOLENCE AWARENESS MONTH – OCT 2020

Gentle Yoga for All – Take time for self-care & let go of stress. Sat 10/3, 9-10am; Tue 10/6, 6-7pm; Sat 10/10, 9-10am; Tue 10/13, 6-7pm; Sat 10/17, 9-10am; Tue 10/20, 6-7pm; Sat 10/24, 9-10am; Tue 10/27, 6-7pm; Sat 10/31, 9-10am. **RSVP:** <https://linktr.ee/elacshc>

Engaging Boys and Men to End Sexual Assault and Domestic Violence - Learn and discuss how men and boys are part of the solution to ending domestic violence. **Facilitators:** Ozzie Cruz, B.A., *Prevention Specialist*, Luis Mendoza, B.A., *Outreach/Advocate*. **Thursday, October 1st, 4:00 – 5:15pm.** **RSVP:** <https://www.elawc.org/dvam20>

Sexual and Reproductive Health - Discuss and identify resources to improve their health. Explore what sexual and reproductive rights are. **Facilitator:** Alejandra Aguilar, B.A., *Lead Health Educator and HIV Counselor*. **Tuesday, October 6th, 12:15pm – 1:30pm.** **RSVP:** <https://www.elawc.org/dvam20>

Roots of Gender Oppression - Discuss problems and solutions to the global impact of gender-based violence and explain its effects on both women and men. **Facilitator:** Claudia Arevalo, B.A., *Client Navigator*. **Tuesday, October 13th, 12:00pm – 1:30pm.** **RSVP:** <https://www.elawc.org/dvam20>

Human Trafficking – Discuss how human trafficking, sexual exploitation, and survival sex intersects with domestic violence. Explore the different types of abuse and how economic abuse plays a role. **Facilitator:** Lisa Vargas, *Human Trafficking Specialist*. **Wednesday, October 14th and Tuesday, October 27th, 12:00pm – 1:30pm.** **RSVP:** <https://www.elawc.org/dvam20>

Coping with Overwhelming Emotions - Different coping strategies and techniques that may be useful for survivors of domestic violence or anyone coping with emotions. **Facilitators:** Madelin Melara, *MSW, Therapist*, Daniela Gonzalez, *MSW, Therapist*. **Tuesday, October 20th, 12:15pm-1:30pm.** **RSVP:** <https://www.elawc.org/dvam20>

Healthy Relationships - Awareness and defining healthy relationships, the warning signs in unhealthy relationships and consent. **Facilitator:** Valeria Castaneda, *Community Engagement Coordinator*. **Thursday, October 22nd, 12:15pm-1:30pm.** **RSVP:** <https://www.elawc.org/dvam20>

Human Trafficking – How human trafficking, sexual exploitation, and survival sex intersects with domestic violence. Explore the different types of abuse and how economic abuse plays a role. **Facilitator:** Lisa Vargas, *Human Trafficking Specialist*. **Wednesday, October 14th and Tuesday, October 27th, 12:00pm – 1:30pm.** **RSVP:** <https://www.elawc.org/dvam20>

Trauma and Healing - Learn about mindfulness techniques that can be beneficial when dealing with the effects of violence and trauma. **Facilitator:** Alejandra Aguilar, B.A., *Lead Health Educator and HIV Counselor*. **Monday, October 26th, 12:15pm – 1:30pm.** **RSVP:** <https://www.elawc.org/dvam20>

Film Screening Hidden Victims – Follow the lives of four families, exploring the effects that witnessing domestic abuse will have on the lives of these hidden victims. **Facilitator:** Claudia Arevalo, B.A., *Client Navigator*. **Wednesday, October 28th, 12:00pm – 1:30pm.** **RSVP:** <https://www.elawc.org/dvam20>

ELAWC 24/7 Rape & Battering Hotline: 800-585-6231; Title IX: <https://www.elac.edu/About-ELAC/ADA-Compliance/Title-IX>
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