WOMEN'S GROUP

October theme groups
Tuesdays, 6:30-7:30pm
Click the links below to register!

Week 1; 10/4 Carving your pumpkin
Week 2; 10/11 Leaf-ing behind doubt
Week 3; 10/18 Harvesting our boundaries
Week 4; 10/25 Facing our ghosts
Week 5; 11/1 Trick or Treat yourself

"There is something so special in the early leaves drifting from the trees—as if we are all to be allowed a chance to peel, to refresh, to start again."
-Ruth Ahmed
Things are different than they were before.
There is movement, with no urgency.
There is flow, with no pre-determined direction.
There is new magnetism.
There is spirit, illuminating.

But what about the way it was before?
That worked, didn't it?
Isn't that the way it's supposed to be?
So linear, GPS directions, so much drive.
Clearly defined goals to reach.
Models and frameworks to follow so easily.

Things are different than they were before.
A fertile open space.
The only workable advice is to listen.
Follow it.
Simply be where you are needed most.
In each moment.
No matter where that is.
Trust it is where you're supposed to be.
Just listen.

 unsolicited advice  
Kristen Drozdowski

Plant Swap
October 15
Details below!
Social self care
- Time with friends, family and community
- Setting healthy boundaries
- Asking for help
- Connecting with positive social media

Personal self care
- Embodiment and grounding
- Honoring your needs
- Hobbies
- Treating yourself!
- New and interesting experiences

Spiritual self care
- Prayer, meditation or mindfulness practices
- Communing with nature
- Attending appropriate worship services or groups

Emotional self care
- Journaling
- Creative expression like music and art
- Talking it out with a friend
- Counseling and professional services

Physical self care
- Rest
- Joyful movement and gentle stretching
- Keeping up with medical care and appointments
- Nourishing your body

Orange County Rape Crisis Center
1229 E Franklin St
Chapel Hill, NC 27514
Groups@ocrcc.org
YOU CAN BE AN ALLEY.

Orange County Rape Crisis Center and Brave Step have teamed up to help friends, family members, and/or allies who are at a loss with how to support a survivor who has experienced sexual violence.

Join us for a free, six-session program led by a licensed mental health professional to:

- Find connection and community with other loved ones and allies.
- Learn more about the impact of sexual violence.
- Gain knowledge and skills to use as an ally.
- Find a safe place to share, ask questions, and grow.

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<thead>
<tr>
<th>Who?</th>
<th>Where?</th>
<th>When?</th>
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<tbody>
<tr>
<td>Supportive family</td>
<td>Virtual</td>
<td>6 Sessions: Nov. 7, 14, 21,</td>
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<td>members and friends</td>
<td></td>
<td>28, Dec. 5 and 12</td>
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<td>of an adult survivor</td>
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<td>Each session is 6:30-8 p.m.</td>
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<td>of sexual violence</td>
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TO REGISTER, VISIT HTTPS://BIT.LY/LOVEDONESGROUP
Join us for an afternoon of plant swapping, painting, and refreshments!

Bring your plants and cuttings to share with others!

Don't have a plant to swap? No problem! Plants, pots, and paints will be provided.

Saturday, October 15th
1-4 pm
OCRCC Office
1229 E Franklin St
Chapel Hill, NC