



2022

Newsletter

FALL

OCRCC



WOMEN'S GROUP

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

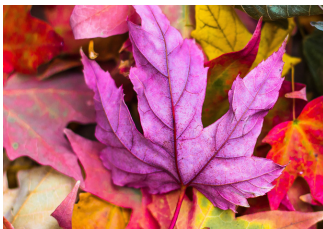
[Week 1; 10/4 Carving your pumpkin](#)

[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](#)



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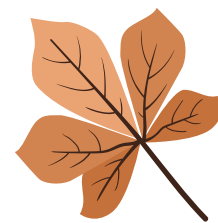
"There is something so special in the early leaves drifting from the trees—as if we are all to be allowed a chance to peel, to refresh, to start again."

-Ruth Ahmed





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A POEM FOR FALL

* unsolicited advice *

Kristen Drozdowski

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.



Plant Swap
October 15
Details below!





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Social self care

- Time with friends, family and community
- Setting healthy boundaries
- Asking for help
- Connecting with positive social media



Emotional self care

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



Personal self care

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



Physical self care

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



Spiritual self care

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

Orange County Rape Crisis Center

1229 E Franklin St
Chapel Hill, NC 27514

Groups@ocrcc.org



ARE YOU A FAMILY MEMBER OR FRIEND OF A SURVIVOR OF SEXUAL VIOLENCE?



Brave Step®
Loved Ones



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YOU CAN BE AN ALLY.

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.

Who?

Supportive family
members and friends of an
adult survivor of sexual
violence

Where?

Virtual

When?

6 Sessions: Nov. 7, 14, 21,
28, Dec. 5 and 12
Each session is 6:30-8 p.m.

TO REGISTER, VISIT
[HTTPS://BIT.LY/LOVEDONESGROUP](https://bit.ly/lovedonesgroup)

Let's Get Rooted:

Plant Swap & Pot Painting



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



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