

MAY NEWSLETTER

SEXUAL ASSAULT PREVENTION MONTH

Check out our upcoming events!



Those We Love: Supporting Loved One Survivors of Sexual Violence

MAY 5 | 3:30PM

More than 11 million Canadians have been physically or sexually assaulted since the age of 15 (<https://www150.statcan.gc.ca/n1/pub/85-002-x/2019001/article/00017-eng.htm>). More likely than not, you have someone in your life who is a survivor. Join us for our educational session Supporting Loved One Survivors of Sexual Violence to learn more about sexual violence, the effects, and how you can empathetically support your loved one survivors.

Public Swim at Georgina Leisure Pool

MAY 6 | 5:00 - 7:00PM

The Women's Support Network of York Region is happy to sponsor this free public swim for youth and community members. Stop by for a fun swim and a chance to learn more about the Women's Support Network.



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Rape Culture: What is it?

MAY 9 | 3:00PM

Rape culture is so embedded within our society, that some folks don't realize they're exposed to it every day. This public education session would seek to dismantle rape culture within Canada, with topics such as myths and facts, what rape culture is, examples of it, its implications in our society, and how to recognize and combat it.

Community Conversation: Commercial Sexual Exploitation as a Form of Colonial Violence

MAY 11 | 7:00PM

A candid conversation on Human Trafficking for CSE as a form of colonial violence, and the impacts and implications for our service delivery models. This presentation is delivered in conversation with WSN, its partners, and the larger community.

BRAVE - Northridge Salvation Army

MAY 14 | 9:00AM - 12:30PM

The Women's Support Network of York Region is happy to be part of Northridge Salvation Army's BRAVE event for girls ages 12-16 who are at risk of human trafficking for the purpose of sexual exploitation. Stop by to learn more about local supports and be part of the prevention effort.



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[Legal Drop In with CLCYR](#)

MAY 16 | 4:00 - 7:00PM

A lawyer from the CLCYR will be taking individual, private appointments in this virtual space. The lawyer will be present to answer your legal questions, provide legal advice, and referrals if needed. Some areas of support that may be covered include but are not limited to family law, housing and tenant rights, sexual violence, and more.

[Wise Women Expressive Art Circle](#)

MAY 18 & 25 | 5:30 - 8:30PM

Please join us for a creative journey of trauma healing through a series of Virtual Expressive Arts Intuitive Circles. All intuitive art and writing exercises support the non-logical expression and release of emotional trauma imprints from the brain and body through creating spontaneous colour, shapes, images, and word messages. This is an open group and folks are welcome to join as many sessions as they would like.

[Helpful Relationships - Friendships and Platonic Relationships](#)

MAY 19 | 12:00PM

Through the media and those around us, harmful relationships are perpetuated time and time again. This event would seek to challenge those notions with an informative session that details helpful relationships, inclusive of those who identify as 2SLGBTQIA+. We will be discussing helpful relationships in terms of friendships, platonic relationships, and romantic relationships.



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Virtual Drop In Support

EVERY TUESDAY | 4:00 - 7:00PM

WSN is happy to offer our accessible, inclusive, and free Virtual Drop In Support every **Tuesday** from **4-7PM** via zoom. Virtual drop in support is designed to support survivors and those at-risk of sexual violence and/or human trafficking who are not currently receiving ongoing support or who are on waitlists to receive ongoing support.

Trauma Informed Art Workshop with Lita

MAY 24 | 3:00PM

This trauma informed art session will work with the theme A Survivor's Dream. Participants will be lead through a creative art workshop in a safer space and encouraged to use art to reflect on their healing journeys. Participants are encouraged to use whatever art supplies they have on hand and feel comfortable with using.

Self Massage Session

MAY 26 | 7:00PM

Danielle Smith, RMT will lead us through a gentle, nuanced, trauma-informed practice of self-massage and somatics exercises to attend to the cranial nerves, with specific focus to the vagus nerve, as a way of engaging our Social Nervous System and calming the Fight/Flight Mechanism.



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Survivor's Speak Workshop

MAY 26 | 7:00PM

Survivor's Speak is a creative visioning session for survivors of human trafficking for the purpose of commercial sexual exploitation as well as at-risk individuals. This session will focus on using art to envision a new path forward. To register email ldelaney@womenssupportnetwork.ca

> REGISTER NOW



Register for any of our upcoming events by clicking here!

