

victim
witness
services

for northern arizona

VWS Times



DOMESTIC VIOLENCE AWARENESS MONTH

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October is Domestic Violence Awareness Month (DVAM), a time to support survivors and raise awareness on the issue. The National Coalition Against Domestic Violence says nearly 20 people per minute are physically abused by an intimate partner in the United States; that's more than 10 million people every year.

Domestic Violence Awareness Month was first observed in October 1981 as a national "Day of Unity." It is held each October as a way to unite advocacy organizations and communities across the nation to bring the issue to the forefront, advocate for change, celebrate survivors, and mourn those who have tragically lost their lives to domestic violence.

How to raise awareness?

Educate yourself! By knowing more you are empowered to help yourself and others.

Speak up! Violence thrives in an environment of secrecy and shame.

Wear purple or a purple ribbon on Thursday 10/20/22
#purplethursday

Share resources with others!

A Message from our Executive Director



Happy Fall!

October is Domestic Violence Awareness month, which means we're kicking off one of our busiest months of the year. Over the next month, you should see Victim Witness staff members all over northern Arizona, from the Western Navajo Fair in Tuba City, to the Balloon Regatta in Page to the AZ Women's Film Festival in Flagstaff. We're all looking forward to seeing you at one of the many events we will be hosting or participating in over the next few months.

I hope you're able to find a few quiet moments to enjoy the lovely fall weather and color, celebrate healthy relationships in your life and maybe carve a pumpkin or two!

-Jen

UPCOMING EVENTS

Book Club: Every Tuesday of October in Flagstaff at Late for the Train from 4:30pm-5:30pm

Western Navajo Fair: Thursday 10/6 & Saturday 10/8

Flagstaff First Friday Artwalk: 10/7 5:00pm

SWIWC DVAM Virtual Resource Fair: Thursday 10/13 10:00am

Tuba City Health Fair: Friday 10/14 3:00pm

Flagstaff Marathon: Saturday 10/15 8:00am

Page Fire Department Open House: Tuesday 10/18 4:00pm

Pets Against Violence Walk: Saturday 10/22 in Flagstaff at Buffalo Park from 9:00a-11:00a

NAU Sexual Health Fair: Thursday 10/27 10:00am

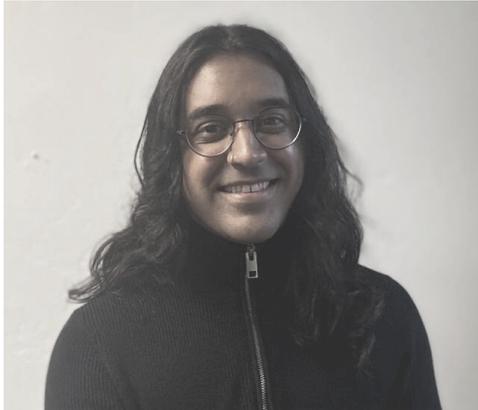
NCHC Grand Canyon Community Carnival: Thursday 10/27 4:00pm

AZ Women's Festival: Thursday 10/27 6:30pm



MEET AN ADVOCATE

QUINN HERNANDEZ, MOBILE VICTIM ADVOCATE



Why I chose to work at VWS & Goals:

Since my days in high school, I always had this vague idea that I wanted to help people, but even throughout college, I had no idea where this path was going to take me. When I first discovered Victim Witness, I was intrigued because it combined my path in social work with my interest in law. Having been working here for just over a year now, I can confidently say that I love this work – it fills me with a sense of purpose that no other job has given.

My goals now are to continue to grow in my role – I think in the long term I would really love to attend law school and really take the skills that I've acquired here and continue to apply them in this field.

RECREATION CORNER

Our top podcast picks for DVAM



Trigger Warning: These podcasts deal with topics that may be triggering to some.

What are my top three accomplishments?

Overall, I would say that in my life so far, my greatest accomplishments have been graduating from college, becoming a victim advocate, and reaching a point in my life where I truly feel comfortable and in control. It's funny because I vividly remember being unhappy with where I was in life just over a year ago, but so much has changed since then – I cannot describe how grateful I am to have come this far.

What are my hobbies outside of work?

Video games! I adore them and always have – they played a very big role in my childhood and even now they are my preferred way of spending my free time. Otherwise, I try to just get out of the house – I love hanging around downtown, spending time with good company, and just kicking it!

Visit www.vwsnaz.org to learn more about our advocacy program

- Domestic Violence & How I Survived
- I'm Not in an Abusive Relationship
- Narcissist Apocalypse

*Keep
in
Touch!*

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There are plenty of ways to stay in touch with us!

If you haven't already checked out our social media, we are on all of the major social media sites including Facebook, Instagram & Twitter

Keep your eyes peeled for our Domestic Violence Awareness Month posts and learn more about how you can help speak out against Domestic Violence.

If you are interested in staying in the loop all year long, sign up for our newsletter on our website to see what we're up to month-to-month and get the next issue of VWS Times right in your email!

www.vwsnaz.org
928-856-7676



Self-care Corner

Studies show that breathing exercises can help reduce stress, anxiety and improve focus. It is also easy and accessible to all.

Have you heard of 4-7-8 breathing? Here is how it works!

Before starting the breathing pattern, find a comfortable sitting position and place the tip of your tongue on the tissue right behind your top front teeth.

To use the 4-7-8 technique, focus on the following breathing pattern:

- empty the lungs of air
- breathe in quietly through the nose for 4 seconds
- hold the breath for a count of 7 seconds
- exhale forcefully through the mouth, pursing the lips and making a "whoosh" sound, for 8 seconds
- repeat the cycle up to 4 times

Easy as that!



VOLUNTEERS NEEDED!

Are you passionate about what we do?

YOU can make a difference!

Victim Witness Services values and appreciates those wanting to contribute their time and energy to help others. Volunteers are crucial to our ability to provide quality services to victims and our community!

We offer new volunteer opportunities for those interested in contributing to our efforts. Check out our website for more information or to apply:

www.vwsnaz.org/volunteer



WE ARE HIRING ON NAVAJO NATION

Know someone who is interested in working with VWS and lives on the reservation? Send them our way! We have offices in Tuba City, Chinle & St. Michael's. You can find more information about the positions on [Indeed.com!](https://www.indeed.com)

HOW CAN I SUPPORT VWS?

VWS envisions a just, equitable world in which all people are safe and free to be their fully realized selves in communities rooted in love, dignity, and joy. We hope you will join us in our mission to create the world we are striving to create.

You can be part of the VWS team by donating to support our clients and staff, volunteering to work with our staff, promoting our work via social media, attend one of our community events, have us come and do a training for your company or community, or just tell someone about us.

If you'd like any more information about any of these options, go to vwsnaz.org, use either of the QR Codes below, send an email to info@vwsnaz.org, or call us at 928-856-7676.

We love to hear from our community team!

Social Media:



Donate:



TO OPT IN OR OUT OF RECEIVING THE MONTHLY NEWSLETTER, SEND AN EMAIL TO US AT [INFO@VWSNAZ.ORG](mailto:info@vwsnaz.org). ANY QUESTIONS, COMMENTS, CONCERNS? ANYTHING YOU'D LIKE TO SEE IN FUTURE EDITIONS? SEND US AN EMAIL. WE WANT TO HEAR FROM YOU!

Join Fanta at our Pets
Against Violence Walk at
Buffalo Park Saturday
10/22 at 9:00am.

One lucky participant
will win a [chewy.com](https://www.chewy.com) pup
gift basket full of Fanta's
favorites!

