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31 Day Challenge Activity Descriptions

Gardner Candlelight Vigil: Join YWCA Central Massachusetts, Voices of Truth, and the City of Gardner on Monday, October 4, 2021 at 6:30 p.m. outside City Hall as we honor those who've lost their lives to domestic violence in our community during a special candlelight vigil and Proclamation reading.

Worcester Candlelight Vigil: Join YWCA Central Massachusetts and the City of Worcester on Tuesday, October 5, 2021 at 4:30 p.m. outside City Hall as we honor those who've lost their lives to domestic violence in our community during a special vigil and Proclamation reading. The event will conclude with the raising of the purple flag.

Light It Up Purple: Display a purple light outside your residence to show your support for survivors and spread awareness of domestic violence throughout the month of October.

Educate Yourself : While much of DVAM focused on heterosexual relationships, members of the LGBTQ+ community face instances of domestic violence at equal or higher rates. Learn more: <https://bit.ly/3kTW58H>

Share Resources : Domestic violence services are designed to meet the needs of survivors and their children whose lives are affected by interpersonal violence. All services are confidential, free of charge, and can be accessed by calling the 24-hour helpline at 508-755-9030, or by using our chat line: www.ywcahelp.com. Share our resources on your favorite social media platform.

Walk a Mile in Their Shoes : "You can't understand another person's experience until you've walked a mile in their shoes." Invite a male to walk a mile (or around the house) in heels and reflect on the experience. Consider how gendered crimes affect you, your relationships, and your community.

Video Watch List: Today we encourage you to watch a video to learn about the realities of domestic violence. Check out recommended videos here: <https://bit.ly/2YdQqBQ>

Educate Yourself : Today is Indigenous Peoples Day. Domestic violence, dating violence, sexual assault, homicide, stalking, and sex trafficking disproportionately affect Indigenous women. Learn more here: <https://bit.ly/3F6khg5>

Purple Pumpkins: Use this fall favorite to bring more awareness to such an important cause. Paint or decorate your pumpkin purple then display it outside and share it with your friends on social media.

Join the Conversation: Start a conversation: What does a healthy relationship look like to you?

Art as Healing: Join YWCA and Creative Hub Worcester as they host a special craft night featuring build your own fairy or elf gardens. Limited one per family. Refreshments provided. Register here: <https://bit.ly/2Y5WGLC>

Empty Place at the Table: Empty Place at the Table is a traveling tribute of remembrance that honors those who have lost their lives to domestic violence during the past year in Massachusetts. The names of every victim are inscribed onto each place setting, a powerful display of the family memories that will be missed. The display will be at YWCA through November 1.

Worcester Public Library Book List: Stop by the Worcester Public Library to check out their DVAM book list featuring titles such as Ruby Fruit Jungle, Milk & Honey, Born a Crime, and more!

DVAM Book List: This month, the Domestic Violence Services teams curated a special Domestic Violence Awareness Month reading list to raise awareness and educate around domestic violence. Check it out: <https://bit.ly/2YdQqBQ>

A Week Without Violence: Help us raise awareness about gender-based violence and support for survivors by taking a Week Without Violence campaign selfie using one of our fillable signs. Print a sign here: <https://bit.ly/3JZ5zMX>

Leominster Silent Walk: Join YWCA, Spanish American Center, and the Leominster and Fitchburg Police Departments to honor the victims and survivors of domestic violence in the North Central community. We will meet outside the Leominster Police Department and then march to Leominster City Hall where the Leominster proclamation against domestic violence will be read.

Imagine a World Without Violence: Join YWCA USA Interim CEO and COO, Elisha Rhodes and a very special guest, for an engaging Facebook Live on October 20, as they have an intimate conversation about violence against women and how we can collectively advocate for the support and resources that survivors and communities need to feel empowered as they move beyond just surviving to thriving. Check it out here: <https://bit.ly/3D53w2Y>

Wear Purple: Today is National Domestic Violence Awareness Day. Wear the color purple to show support to survivors and raise awareness for domestic violence in your community.

Trauma-Informed Yoga: This beginner class does not focus on technique, rather on being present, exploring emotions, and building a stronger mind-body connection. This practice focuses on using the power of your body and strives to create a safe space through hands-off classes,

low or no music, and a soft, calming environment. Register here: <https://bit.ly/2Y5WGLC>

Educate Yourself: Financial abuse occurs in 99% domestic violence cases. But, the signs aren't always that obvious. Learn about financially abusive behaviors survivors might face here: <https://bit.ly/3ioGPz7>

Start A New Podcast: Check out the Domestic Violence Service's teams top 5 podcasts to check out this month: <https://bit.ly/2YdQqBQ>

Daybreak Breakfast: The Daybreak Breakfast is designed to educate, motivate and inspire people to build safe communities by raising awareness of domestic violence, supporting survivors and promoting healthy relationships. Register here: <https://bit.ly/3lBNd6z>

Join the Conversation: Start a conversation: What does respect mean to you in a relationship? (physical respect, verbal respect, emotional/psychological respect/sexual respect).

What Would You Do? Bystander Intervention: Pop Culture Edition! What would you do if you saw a family member or friend being mistreated by their significant other? Would you step in or walk away? What is the right thing to do, and what is safest for you and for them? Join us as we use popular TV shows and movies to dive head-first into these situations and explore possible actions and outcomes. Register here: <https://bit.ly/2Y5WGLC>

Educate Yourself: Every day we provide direct and comprehensive support to survivors, and work to create community solutions that prevent domestic violence and promote healthy relationships. Visit ywcac.org to learn more about our work.

Define Your Personal Boundaries: Personal boundaries are the limits we set for ourselves as individuals in relationships, they protect our sense of personal identity and help guard against being overwhelmed by the demands of others. Today we encourage you to examine the boundaries you set in your relationships. Take the quiz: <https://bit.ly/33wUjS1>

Keep in Touch: Domestic violence doesn't end after October is over. There is still so much work to be done. Stay connected the YW and help us support survivors year-round. sign up for our e-newsletter here: <http://bit.ly/2QFIEZK>

DVAM Playlist: This month, the Domestic Violence Services teams curated a special Domestic Violence Awareness Month playlist to inspire, empower, and send hope to survivors in our community. Check it out: <https://spotify.com/3imoHpo>