

Sunday

Monday

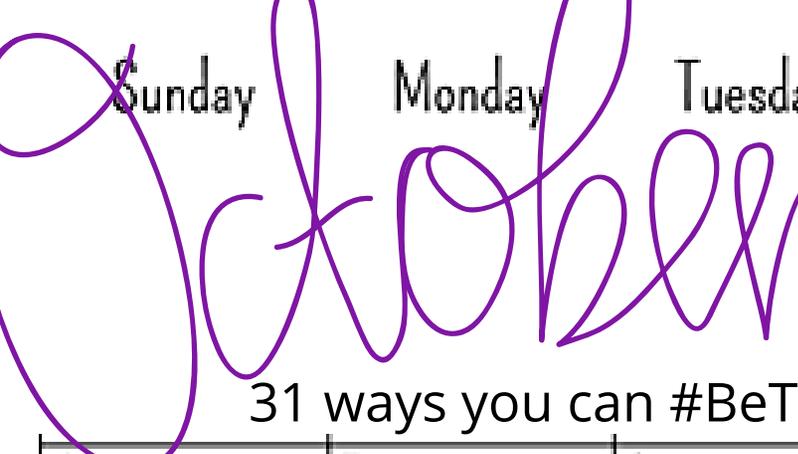
Tuesday

Wednesday

Thursday

Friday

Saturday



Celebrating 40 Years

### 31 ways you can #BeTheChange

<p>4 Survivor Sunday You can go through dark things and still be beautiful, just like the butterfly!</p> 	<p>5 Check in with your friends and family just to say hi!</p>	<p>6 Learn about the link between DV and Animal Abuse</p> 	<p>7 Read a book about DV! We have a list of recommended reads on our website</p>	<p>8 Hands are for... Have a talk with your kids about how we use our hands for good</p> 	<p>9 Intentionally smile at everyone you see today</p>  	<p>10 Take a barefoot break, dance, let go and just have some fun!</p>
<p>11 Survivor Sunday: Know that you can be happy, healing and hurting all at the same time</p>	<p>12 Listen and validate when someone talks to you</p> 	<p>13 Create a culture of consent in your home</p>	<p>14 Use your social media to help raise awareness</p> 	<p>15 Say it in Spanish! No está sola(o) Translated: You are not alone!</p>	<p>16 Knowledge is power... Every 9 seconds someone is a victim of domestic violence</p>	<p>17 There will always be conflict, we must learn how to respond in a violence free way</p>
<p>18 Survivor Sunday: Things that are ok to let go of: *Need to please *Past mistakes *Self-doubt</p>	<p>19 Find out what your legislators are doing to end DV in your community!</p>	<p>20 Find time to meditate and participate in self care by stretching</p> 	<p>21 Ask your employer if they will match your monetary gift donation to SSFS</p>	<p>22 National Purple Thursday</p> 	<p>23 Commit R.andom A.cts of K.indness E.verywhere</p> 	<p>24 Ask FIVE friends for \$5. A \$25 donation allows us to educate &amp; advocate</p> 
<p>25 Survivor Sunday Try to imagine getting through the next tiny little thing. Whatever feels manageable</p>	<p>26 Learn the different ways DV can look &amp; the different dynamics involved</p> 	<p>27 Ask your faith leader to share DV Resources</p>	<p>28 Paint (or carve) positive words on your pumpkin</p> 	<p>29 Establish equality within your relationships</p>	<p>30 Reach out to SSFS to find out what their clients current needs are</p>	<p>31 While we are working to end DV, let us never forget those that have lost their lives!</p> 