OCTOBER 2021 ISSUE 3

WELCOME FALL NEWSLETTER

SURVIVOR LEADERSHIP COLLECTIVE





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Greetings!

Dear SLC Members and Friends,

We hope you have enjoyed the summer and are ready to enter into the fall. Learn more about our new survivor advisors, Beth and Lauren. Read about upcoming opportunities to participate, including attending our Domestic Violence Awareness Month art workshop or getting involved with the Trauma Informed Care video project! Check out the Self-Care Corner and try out some new self-care activities.

Take care and be well!

Warmly,

The SLC

SLC Survivor Leadership Collective

Spring 2021 Review

Meet our new advisors



Beth is an educator, writer, artist and advocate for survivors of domestic and sexual violence. She has led numerous workshops for survivors, and works on raising awareness for trauma informed care.
Beth enjoys gardening, photography, reading, nature, star-gazing, traveling, meditation, yoga and being a mum.

Lauren has a degree in Applied Behavior Analysis and has become a Board Certified Behavior Analyst. She uses her degree to help children and young adults who have wide variety of behavior issues due to trauma or who have Autism.
During her own healing Lauren discovered a love for yoga. For this reason, she is training to be a Registered Children's Yoga Instructor. She hopes to continue her practice and to bring yoga to the individuals with which she works. In addition, Lauren enjoys creating mixed media art including cards that she makes and sells. She also enjoys spending time with her nieces as well as being outside and traveling. The furthest place she has been is Australia, which was a lifelong goal.



April 2021
Sexual Assault Awareness Month

This past April, nearly 100 people came together virtually for our 4th annual #supportingsurvivorseveryday, an event to celebrate the trauma-informed care of BIDMC and community honorees, to engage with survivor leaders and their artwork, and to commit to action to build safer communities. We were joined by Reverend Irene Monroe and author Michelle Bowdler. The event honored Dr. Gomez-Carrion, Jaime Suvak, Dr. Gerard Coste, Dr. Swapna Reddy, Ketty Rosenfeld, and Sandra Gold for their excellent trauma-informed care with survivors. We featured beautiful, inspiring, and moving art by SLC leaders & members. We hope you can join us again next year and stay tuned for ways to get involved!

Summer Community Garden

"To plant a garden is to believe in tomorrow"-Audery Hepburn





This year we planted our community garden again at **Hawthorne Youth and Community Center** in Roxbury, MA. We came together on Tuesday evenings to plant, water and be in community. We have wrapped up our summer crops and have planted crops for a fall harvest.

If you'd like to join future offerings or learn more please email: slchealing@gmail.com

What's in our community garden this season?

- squash
- kale
- cherry tomatoes
- cucumbers
- pole beans
- flowers
- herbs

Domestic Violence Awareness Month
October 2021

October is National Domestic Violence Awareness Month

We May Bend but We Will Not Break

The Survivor Leadership Collective hosted by the Center for Violence Prevention and Recovery at Beth Israel Deaconess Medical Center will host a **free** virtual expressive arts workshop for survivors of domestic violence using clay as a medium. Clay and link will be provided with **RSVP by October 15th at cdavies@bidmc.harvard.edu or call Chelsea at 617-667-1040.**



This virtual art workshop for survivors of Domestic Violence will be held on:

October 24, 2021
2:00-3:30pm

"Clay folds,
Clay moulds,
Clay rests,
Clay sets,
Clay dance to the tune
you love to hum,
Clay grows into person
you finally become."
-Praveen

#weareresilient

SLC Survivor Leadership Collective

Center for Violence Prevention and Recovery

Beth Israel Lahey Health

SELF CARE CORNER



Metta Meditation

What is it?

Metta is a traditional buddhist meditative practice that cultivates unconditional love and kindness towards self & others. It's a simple form of meditation where you create and repeat 3 statements of positive emotion, with kind intentions towards self and others. These statements usually start with “May I" and then shift into "May You". Phrases may incorporate feelings of: joy, trust, love, gratitude, happiness, appreciation and compassion.

It can be helpful if you find it hard to stay focused or get frustrated during traditional meditation because it only takes a few minutes and the focus is on repeating positive statements.

How to practice:

1. Sit in a comfortable position. Close your eyes. Take a slow, deep breath in through your nose and continue breathing deeply.
2. Focus on your breathing. Imagine your breath traveling through your body. Focus on your heart.
3. Choose a kind, positive phrase. Silently recite the phrase, directing it toward yourself. For example: “May I be happy. May I be safe. May I find peace.”
4. Slowly repeat the phrase. Acknowledge its meaning and how it makes you feel. If you get distracted, avoid judging yourself. Just return to the phrase and keep repeating it.
5. Now, think about your friends and family. You can think about a specific person or a group of people. Recite the phrase toward them, “May you be happy. May you be safe. May you find peace.” Again, recognize the meaning and how you feel.
6. Continue reciting the phrase toward others, including neighbors, acquaintances, and difficult individuals. Recognize your emotions, even if they’re negative. Repeat the phrase until you experience compassionate feelings.

SELF CARE CORNER



Lavendar Lemonade

Ingredients

- 6 cups water divided
- 1/2 cup sugar
- 1/4 cup honey
- 3 Tbsp dried lavender
- 2 cups lemon juice
- Lemon slices and lavender petals for garnish

Instructions

1. Over medium heat, combine two cups of water and sugar, bringing to a boil until sugar is dissolved. Turn off of the heat and stir in honey and lavender.
2. Allow mixture to steep for 2 hours (less if you want less of a lavender taste). Strain the liquid, pressing the lavender down to make sure you get all of those juices into your mixture!
3. In a large pitcher, combine freshly squeezed lemon juice, lavender mixture and water.

courtesy of: https://www.thecookierookie.com/lavender-lemonade/

Rock & Shell Painting

Collecting rocks and shells at nearby beaches can be a fun early fall activity to do by yourself, with kids or friends. They can be as simple or as decorative as you want. Some people even collect, create and leave **"kindness rocks"** for others to find.

Steps for rock painting

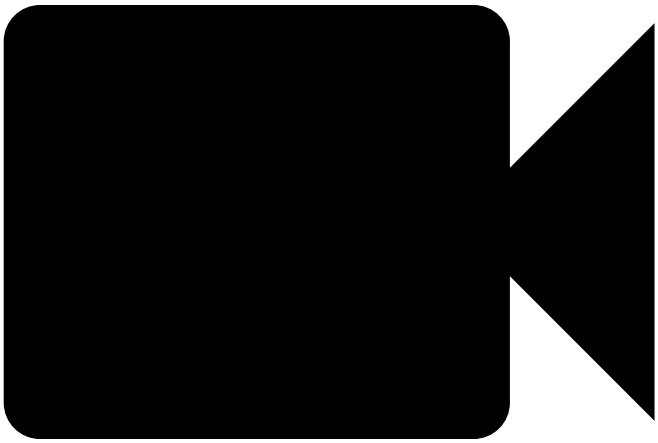
1. Find rocks in your yard, the beach, on a walk or even online or at a store.
2. Hand wash the rocks found outside with warm water and a brush and then lay them to dry.
3. Select your paint: acrylic, glitter, paint pens, spray paint, etc.
4. Either base coat rocks or directly paint your design.
5. Decide what you want to paint or just let the creativity flow. If painting a kindness rock, paint a word or image for others to find.
6. Seal rocks with spray sealer (in area with good air flow - outside preferably)
7. Spread the beauty around town

For ideas on how to paint seashells:
https://www.youtube.com/watch?v=ZkarZbmH4ts&feature=youtu.be





MORE OPPORTUNITIES TO GET INVOLVED



Trauma Informed Care Video

THE SURVIVOR LEADERSHIP COLLECTIVE (SLC) IS WORKING ON CREATING A **TRAINING VIDEO ABOUT TRAUMA-INFORMED CARE**, FROM A **SURVIVOR PERSPECTIVE**. THIS VIDEO IS INTENDED TO EDUCATE HEALTH CARE PROVIDERS ABOUT HOW TO ENGAGE IN HEALTH CARE THAT PROMOTES MUTUALITY, EMPOWERMENT AND JUSTICE THROUGH TRAUMA-INFORMED PRACTICE. **SLC IS LOOKING FOR VOLUNTEERS** TO JOIN THIS EFFORT TO ENSURE THAT THE WORK REFLECTS **DIVERSE PERSPECTIVES.** THERE ARE MANY WAYS TO CONTRIBUTE: SHARING A STORY, WRITING, EDITING, SHARING IDEAS, ACTING, AND PROMOTING.

LET US KNOW IF YOU CAN JOIN US FOR A TIME-LIMITED PROJECT WITH MEETINGS IN THE EVENING OVER OCTOBER AND NOVEMBER THIS FALL.

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