

Programs and Events (SAVE THE DATE)

- **Ask an Advocate (Thursdays 11:00 am @ssacgmu)**

Join SSAC advocates for live discussions about questions Mason students are asking related to well-being, healthy relationships, sexual and interpersonal violence, and more!

 - 4/01: How does PRIDE connect to anti-violence movements?
 - 4/08: What are some helpful things to know as an international student survivor of sexual and interpersonal violence? How do I find support?
 - 4/15: How do I navigate graduate school as a survivor of sexual and interpersonal violence or previous trauma?
 - 4/22: How do I engage in activism as a survivor of sexual and interpersonal violence
 - 4/29: What is grounding and how do I do it?
 - 5/06: What are some tips for navigating the end of the semester and exams?
- **Take Back the Night- April 21, 7:30 PM to 9:00 PM**

Take Back the Night is an annual gathering held in support of ending sexual and interpersonal violence and symbolizing a safe space for all. During the event, any survivor who would like to share a narrative is welcome to do so. Take Back the Night will be held virtually on Zoom.
- **Victims' Rights Run Walk - April 18 –23rd**

Join SSAC for the virtual Annual Victims' Rights Run Walk 5K which supports student survivors through donations to Mason's Victims of Violence Fund that supports the financial needs of students impacted by sexual and interpersonal violence and the Amiee Willard foundation which honors the life of Amiee Willard.
- **Money Smart Day- April 14th**

The virtual event will cover a wide net of various financial literacy topics ranging from student loan repayment, choosing health insurance plans, salary negotiations, as well as the first day on the job information and the basics of taxes with being an independent. More information on registering/zoom link to be announced.
- **Recovery Ally Open Workshop**

The Recovery Ally training is a two-hour workshop that presents participants with the tools and resources to support those in recovery from alcohol and/or other drugs. This workshop demonstrates that recovery is a long-term process, confronts myths and stigma regarding addiction and recovery.

 - March 22nd 10:30 am-12:30 pm <http://cglink.me/2d7/r1001440>
 - April 7th 12:00 pm- 2:00 pm <http://cglink.me/2d7/r1002760>
- **Narcan Training**

The Fairfax-Falls Church Community Services Board is offering a free 60 minute, online class that will provide the knowledge and confidence you need to potentially save a life during an

opioid overdose emergency. Attendees will be eligible to receive a free REVIVE kit and Naloxone.

- April 12th TBA on Mason360

Student Support Spaces

- **Patriots for Recovery**

Patriots for Recovery is an open peer-to-peer support group that is for Mason students who identify with being in recovery for a substance use disorder, eating disorder, or other process addictions. Interested students can email recovery@gmu.edu and a representative from the Student Support and Advocacy Center would be happy to chat more about the group. Students are also welcome to just drop into an upcoming meeting Patriots for Recovery meeting if they would prefer.

Patriots for Recovery meetings are held virtually each Thursday during the academic year from 12-1 pm Eastern time. Mason students may join by visiting this zoom link: <https://gmu.zoom.us/j/94644277572>

- **Survivor and Recovery Space**

Survivor and Recovery Space is an advocate-led, drop-in virtual self-care space for Mason student survivors of any type of trauma and/or students in recovery. This is an opportunity for students working towards healing and recovery to be in community with other students. This is not a therapeutic group. As these are drop-in times, students may join as many group times as they want and may choose how often and which ones they attend.

Here is the schedule for Survivor and Recovery Space:

Every Monday from 4:00-5:00 pm EST

Dates: 3/22, 3/29, 4/5, 4/12, 4/19, 4/26, 5/3

Link: <https://gmu.zoom.us/j/94193647638>

Every Other Tuesday from 12:00-1:00 pm EST

Dates: 3/30, 4/13, 4/27

Link: <https://gmu.zoom.us/j/97391785635>

Every Other Wednesday from 11:00 am-12:00 pm EST

Dates: 3/24, 4/7, 4/21, 5/5

Link: <https://gmu.zoom.us/j/91228927587>

- **Request a Workshop**

Topics include bystander intervention, boundaries, healthy relationships, the Patriot Pantry, supporting survivors (faculty and staff session & student session), Recovery Ally, What's the Buzz alcohol presentation, referring students in distress (faculty/staff), and an SSAC overview presentation. To request a presentation, visit: <https://ssac.gmu.edu/programs-and-workshops/>

- **Peer Leadership Opportunities**

Coming in March, we will be recruiting for our peer education programs! Check our social media for more information and updates.

- **Relationship Peer Leaders (RPLs):** SSAC peer educators focused on healthy relationships, prosocial skill-building, boundaries, and creating a culture of consent.
- **Substance Use Peer Educators (SUPEs):** SSAC peer educators focused on promoting safer substance use behaviors by students and works to positively change the campus environment and culture.
- **Join the SAIV student group!** We are looking to recruit interested students to give feedback and to participate in a sub-committee of the Sexual and Interpersonal Violence committee at Mason. This is a great way for student leaders to get involved to give voice to the issue of sexual and interpersonal violence. Interested students should email Courtney Diener at cdiener@gmu.edu.