

• HEAL, HOLD, AND CENTER •

As we work to end relationship violence, we must embrace the many ways we can **heal** from violence, **hold** space for survivors, and **center** those most marginalized.

| TUES., OCT. 8 | SURVIVING AND THRIVING IN THE AGE OF AI • 2-3 p.m. • Zoom

New tech consistently manifests emerging threats to our digital safety and well-being - and Artificial Intelligence is no different. Today, this means navigating challenges like synthetic nude images, AI-powered catfishing, chatbot scams and image-based stalking. This session shines a light on these digital challenges, while offering practical strategies to confidently navigate, avoid and counter these emerging threats to our emotional, physical, and digital well-being.

| WED., OCT. 9 | HEALTH RESOURCE FAIR AT GWC • 11 a.m.-1 p.m. • GWC Quad

Join us for GWC's Health Resource Fair. Enjoy a terrarium-making workshop, mobile sexual health testing, and community organizations sharing resources on health, safety, basic needs, Title IX, and more. Plus, don't miss the free lunch.

| MON., OCT. 21 | WEAR PURPLE

October is Relationship Violence Awareness Month. Relationship violence continues to be a profound and pervasive social and public health crisis that intersects class, race, ethnicity, and sexuality.

You are encouraged to wear purple to show support for those who have experienced relationship violence and abuse and let them know that help is available. To participate, please share a photo of you wearing purple and tag @coastline1 @orangeoastcollege @goldenwestcollege on Instagram.

| TUES., OCT. 22 | BITES & BOUNDARIES: A SNACK-SIZE GUIDE TO BYSTANDER INTERVENTION

• Noon-1 p.m. • OCC Student Union 213

Join us for an engaging overview of bystander intervention with the Green Dot Bystander Training. Learn key strategies for safely intervening in situations to help end power-based personal violence on our campus. Plus, enjoy some tasty snacks while we explore these important topics!

| WED., OCT. 23 | RED FLAG OR GREEN FLAG EXPLORING HEALTHY RELATIONSHIPS

• 5-6 p.m. • Zoom

Relationships are a part of everyday life. In this workshop, we'll explore green and red flags in relationships, including how to recognize intimate partner violence and access support resources. Join us to learn how setting boundaries can lead to healthier, green-flag relationships.

| THURS., OCT. 24 | GREEN DOT BYSTANDER INTERVENTION • 1-2 p.m. • Zoom

Join us for an overview of the Green Dot Bystander Training, focusing on the DIRECT, DISTRACT, and DELEGATE strategies for safely intervening in situations to prevent power-based personal violence. Learn how to confidently step in, create distractions, or involve others!

| FRI., OCT. 25 | YOGA FOR HEALING • 5-6 p.m. • Zoom

Yoga can release emotional tension in the body which in turn encourages physical and emotional healing. Join us for a survivor centered yoga class to assist in healing. Bring your mats and an open heart.

LINK TO JOIN ZOOM MEETING

+ <https://cccd-edu.zoom.us/j/87240080948>

+ M ID 