



# SHAKE IT OFF: DANCE FOR SELF CARE

Jaukeem Balcom | *The SAFE Alliance*

**TUESDAY, OCT 27, 5PM CST**

Move your body and shake off your cares for an hour with dance instructor Jaukeem Balcom! Learn some new moves and find out how you can support yourself, your community, and The SAFE Alliance in Stopping Abuse For Everyone.

**Free Registration here:** <https://bit.ly/34Dvt2w>

**REGISTER FOR A CHANCE TO WIN A FREE T-SHIRT!**



# LUNCH AND LEARN 2-PART SERIES

Kristina Miller | *The SAFE Alliance*

**THURSDAYS, OCT 22 & 29**

**12:00 - 1:30PM CST**

**PART 1: Challenging Myths, Lies, and Limited Definitions:**

Join us as we explore the many types of abuse that fall under the Domestic Violence umbrella. We will identify methods to assess danger and establish safety measures.

**PART 2: Rape Culture // Pop Culture: Black Women & Misogynoir:**

How can societal responses to the victimization of Black Women inform our efforts towards antiracism and gender equity? Together, we will discuss the legacy of victim blaming and learn how a shift in our politics can make space for Black Women's self-empowerment.



**REGISTER FOR A CHANCE TO WIN A FREE LUNCH!**



**Free Registration here:** <https://bit.ly/3iBh8s8>

For more information:

 [baastf@safeaustin.org](mailto:baastf@safeaustin.org)

# SAFE

stop abuse for everyone