

# SEXUAL ASSAULT AWARENESS MONTH



**APRIL 2022**

**BUILDING SAFE ONLINE  
SPACES TOGETHER**



**Tuesday, April 5th**  
5 P.M. - 6:30 P.M.

**Sexual Assault  
Awareness Month  
Presentation**

Join the WGEC for a presentation from the South Hampton YWCA on sexual assault, resources, and services provided.  
RSVP: <https://bit.ly/SAAM22>

**Tuesday, April 5th**  
5 P.M. - 6 P.M.

**Thriving Tuesday:  
Guided Meditation**

Come out for a virtual guided meditation session led by Dr. Amy Cavanaugh from ODU Counseling Services! RSVP: <https://bit.ly/GM-22>

**Tuesday, April 12th**  
6:30 P.M. - 7:30 P.M.

**Thriving Tuesday:  
Sunset Yoga**

Participate in a scenic sunset yoga session by the Elizabeth River led by Ashley from ODU Recreation and Wellness Center! RSVP: [https://bit.ly/SY\\_22](https://bit.ly/SY_22)

**Thursday, April 14th**  
6 P.M. - 7:30 P.M.

**Teal Table Talk**

Join the Talk about recognizing signs of an unhealthy relationship, healthy vs. toxic masculinity in intimate relationships, and how to cultivate healthy relationships!  
RSVP: <https://bit.ly/TTT-S22>

**Tuesday, April 19th**  
5 P.M. - 7 P.M.

**Thriving Tuesday:  
Sunset Bike Ride**

Join the WGEC for a Scenic Sunset Bike Ride on the Elizabeth River led by ODU Recreation and Wellness! RSVP: <https://bit.ly/SBR22>

**Monday, April 25th**  
5 P.M. - 6:30 P.M.

**Making Men:**  
A Look into the Hidden Trauma of Male Sexual Assault and Empowerment as Recovery

Edward "Obbie West" Wilson is an inter-national spoken word artist, advocate, and author. Join us for a talk about the hidden traumas of Male Sexual Assault Survivors.  
RSVP: <https://bit.ly/MASA-S22>



**OLD DOMINION  
UNIVERSITY**