

Daphne's Voice

Working Together to End Sexual Violence



April 2015

Volume 2, Issue 1

Muskoka/Parry Sound
Sexual Assault Services

Muskoka/Parry Sound Sexual Assault Services VISIONING – GREATER OUTREACH TO YOUNG WOMEN

Inside this issue:

Call for Presentations	2
SVAP: It's Never Okay	3
Ignite Canada	4
Smash Stigma	5
Volunteer Training Opportunities	6
Daphne Drop In Schedule	7
Self Esteem	8

Special Points of

Interest:

- ◆ 2014-15 Board of Directors
- ◆ New Provincial Sexual Violence Action Plan (SVAP): It's Never Okay
- ◆ Self-Care With YOGA
- ◆ M/PS SEXUAL Service Up-coming Fund Raisers
- ◆ Highlights from Ettie Rutherford Presentation

Many agencies go through the experience of 'strategic planning', in which future directions are mapped out in a collective discussion of mission and goals. Recently, Muskoka Parry Sound Sexual Assault Services had a 'Visioning Day' on March 9th at the Log Cabin Inn, with agency staff and board members together for an afternoon and evening. In our work, we often are more attuned to references in daily language which represent power and violence than most others might be, and the notion of 'visioning' seemed more appropriate for us.

The time together was special as we have new Board members: Patricia Griffiths, Sue Tait, Lynn DeCaro and Boshdayosgaykwe (Tracey) Pawis; and, some had not yet met all of our staff. We have been talking off and on all year about a process in which we might explore our 'herstory' - what we're doing now, our strengths, our challenges and our future directions for energetic and purposeful work on sexual violence.

During the afternoon a series of questions were discussed by various combinations of staff and board member groups called The Daphne Goddesses, Sweet grass Sisters, Drop In Divas, Marvelous MAG Pies, and SAIL Sisters to explore present programs, fundraising initiatives and future directions. We came out of the time with a renewed energy for work ahead, and great appreciation for our collective strength and wisdom.

One new area of focus we believe is important is greater outreach to young women – aged 16-

25. It is this age group who experience the highest incidence of sexual assaults, in particular date and acquaintance rape. Yet, women of this age choose not to even see a counsellor regarding their experiences. We know they wish to just move on and shake off the experience, but we also know that the likelihood of shame, self-blame, and trauma symptoms worsening also happens when there is no opportunity to debrief with anyone.

Various service directions with this age group have been discussed and we will explore more public education with the universities and colleges, and an alternative counselling program through a peer mentorship model. We now plan to hold several focus groups with young women in order to explore our ideas with them.

The day finished with dinner together and some fun in getting to know each other better and many discussed a wish to do something similar every year. There's a good vision for next year!

Lauren Power, Executive Director

MAY is Sexual Assault Month

Wear purple on May 1st – take a picture of yourself in purple and message it to us on our Facebook page – https://www.facebook.com/pages/Muskoka-Parry-Sound-Sexual-Assault-Services/365098740224978?ref=aymt_homepage_panel We will post all the pictures we receive, and you will be entered into a draw to win a goddess goblet!

Sexual Assault Help Line 1-800-461-2929

Select Committee on Sexual Violence and Harassment Requests Presentations

The Select Committee on Sexual Violence and Harassment will meet to consider advice and recommendations with respect to the prevention of sexual violence and harassment and to improving the response to Ontarians who have experienced sexual violence and harassment.

The Committee intends to hold public hearings in Toronto commencing on March 25, 2015. Interested people who wish to be considered to make an in-person presentation to the Committee should contact the Clerk of the Committee.

The Committee intends to hold public hearings in Sudbury, Thunder Bay, and Sioux Lookout during the week of April 6, 2015. Interested people who wish to be

considered to make an in-person presentation to the Committee should contact the Clerk of the Committee by 5:00 p.m. on Monday, March 30, 2015.

The Committee intends to hold public hearings in Ottawa, Kingston, Kitchener-Waterloo and Windsor during the week of May 18, 2015. *Interested people who wish to be considered to make an in-person presentation to the Committee should contact the Clerk of the Committee by 5:00 p.m. on Monday, May 11, 2015.*

Those scheduled to appear as a Committee witness will have the option of making their presentation in private.

Those who do not wish to make an in-

person presentation but wish to provide comments may send written submissions to the Clerk of the Committee at the address below.

Daiene Vernile, MPP, Chair
Will Short, Clerk

Room 1405, Whitney Block/Bureau 1405,
édifice Whitney

Queen's Park, Toronto ON M7A 1A2

Telephone: 416-325-3883 (fax 3505)

TTY: 416-325-3538

E-mail: wshort@ola.org

Collect calls will be accepted

With the new day comes new strengths and new thoughts. Eleanor Roosevelt

MUSKOKA/PARRY SOUND COORDINATED SEXUAL ASSAULT SERVICES BOARD OF DIRECTORS 2014 – 2015

Marian Beauregard, **Chair**

Kim Doughty, **Vice Chair**

Lynn DeCaro

Patricia Griffiths

Stephanie Myshrall, **Treasurer**

Tracey (Boshdayosgaykwe) Pawis

Sue Stockdale

Sue Tait

Jillian Pegg, **Secretary**

Be Part of the Solution

MISSION STATEMENT

We are a feminist organization dedicated to positively affecting societal attitudes in order to end sexual violence, by offering a creative range of services.

We recognize that sexual violence is a community issue – not solely a woman's issue – and therefore strive to develop a strong community response.

We honour the experience of survivors, and include their voice in the creation of services.

New Provincial Sexual Violence Action Plan (SVAP): It's Never Okay

In March, the provincial government announced a new sexual violence strategy, following the previous plan which began in 2011. This new strategy is aimed at changing and challenging the deep rooted attitudes and behaviours that contribute to the prevalence of sexual violence and harassment in our culture. It is encouraging that this new plan is to be implemented by the Ontario Women's Directorate, as this promises an accurate and gender based analysis of the issues.

Here are some of the changes promised – let's track how they are gradually implemented?

New legislation to strengthen provisions related to sexual violence and harassment in the workplace, on campus, in housing and through the civil claim process

A new **public education and awareness campaign** in Ontario

Develop tools and best practices for a **more compassionate and sensitive response from law enforcement to encourage more survivors to report sexual assaults**

Increase supports and develop an **en-**

hanced prosecution model to improve the experience of survivors who are involved with the justice system

Update the health and physical education curriculum to **help students in grades 1-12 to understand healthy relationships and consent**

Introduce legislation to require colleges and universities to **develop campus wide sexual violence and harassment policies** including training, prevention, complaint procedures and response protocol

Strengthen supports offered by hospital based Sexual And Domestic Violence Treatment Centres (like Soldiers in Orillia)

Develop up to date **training for front-line workers** in health, community services, education and justice sectors to better support survivors of sexual assault and harassment and training for workers in the hospitality sector to know **how to help in high risk situations**

Stabilize **and increase funding for community based sexual assault**

centres. (Right now we know our SVAP project funding, which we use to offer our survivor conferences, will continue till 2017)

Create a pilot program to **provide free independent legal advice to sexual assault survivors whose cases are proceeding to a criminal trial**

Establish a **permanent roundtable** on issues of violence against women

Enhance workplace laws to strengthen enforcement under the Occupational Health and Safety Act, to help employers **develop stronger sexual harassment policies**

Launch a creative engagement fund that **supports Ontario artists to develop projects that provoke conversation and dialogue on issues of consent, rape culture and gender inequality.**

Read more through this link:

<http://docs.files.ontario.ca/documents/4136/mi-2003-svhap-report-en-for-tagging-final-2-up-s.pdf>

Lauren Power

Fond Farewells

We are saying a fond farewell to Larissa Garland, our social service work program placement student from Georgian College.

Larissa chose to stay with us for two placements, and during her time with us participated in numerous projects – Daphne's Drop In, the DART conference, our volunteer conference in November, "If You See It Speak It" and many other activities.

We are very thankful to her for all she

has done, and the two scrapbooks she compiled for us from all the news clippings about the agency we had filed away over the years.

Larissa, best of luck on your path! ***For those of you attending the Survivors Conference in May, we are thrilled that Larissa has chosen to be the keynote speaker/survivor for the event.***

Lauren



IGNITE CANADA

To catch fire...to raise hope with Ignite Canada! That's exactly what two young and aspiring Nipissing University students Avery Saunter and Kirsten Nicolson are doing to launch awareness and education through a memorial project aimed at honoring all women affected by domestic violence. The memorial idea

was brought about because they recognized that there was no nationwide memorial in existence to honor all women affected by violence.

The mini sculpture was unveiled this year at Bracebridge during the One Billion Rising event aimed at raising awareness to end domestic violence against women. The end product will be located on Nipissing University grounds comprised of three 10 foot abstract sculptures symbolizing

the female body made of 3 different types of stone signifying diversity. Avery and Kirsten credit Nipissing University as inspiring them to educate others all around the country to work toward ending all domestic violence!

These young ladies are to be highly commended for their creative, persevering, and committed effort required of such a monumental memorial!

If you are interested in donating to this projected \$100,000 monument, you can contact Nipissing University – mention Ignite Canada and you will be directed to the contact person for this project.

Doris Potts-Zygniuk



Where are 10 women in my healing circle—each one of us travelling in and out of Laura Davis' Ten Stages of Healing and as I listen to each beautiful soul; survivor, healer, teacher, I have felt deeply honoured, cautioned, saddened and forever changed yet realize we are privileged enough to gather in a safe, caring and supportive environment to do this sacred healing together; this is why I choose to donate this painting to the Women's Resource Centre in Bracebridge. I chose to name this painting **'When Women Gather'** but it is really about healing and good works because when women gather, even over a pot of tea, there are eight tears that heal or laughter that releases—either way, magic happens all around us! In the centre of the Bolingo tree (*Bolingo meaning love in Africa*) is a child I thought to be a healed inner child when I painted her but as the painting revealed its story to me after I had

painted the ten stages of healing, I understood it was my work, our work to commit to these difficult stages to not only heal our inner child, but also to make sure that violence and abuse never touches the life of another child again from sunrise to nightfall. Make a wish on a star tonight. There are fourteen candles at the base of the Bolingo tree to honour our grief and loss—to always remember and never forget. The hearts that the hands of the tree of love hold are the hearts of those we love and care about. Flowers for you



Natalie Stokes' artwork featured at DART Conference 2015

all! Enjoy! **With great love and gratitude Natalie Stokes**

Smash Stigma: Help Your Health

April 2, 2015—Parry Sound High School auditorium played witness to a totally new revolution as Erin Hodgson, Project Lead at Jack.org presented on the topic of mental health to a large group of students, staff and invited service providers.

Jack.org is the only national network of young leaders changing the way we think about mental health and mental illnesses with initiatives and programs designed for young people – by young people – with the goal of ending stigma in their generation!

Captivating the audience with her personal story, Erin spoke of years battling with obsessive compulsive disorder, anxiety, depression, and bullying. After much suffering, Erin got the help she needed and today wears that passion to help others on her sleeve, through the universal voice of “no more silence” on the stigma of mental health.

We all have mental health, but one in five people – and sometimes as high as one in three people – will experience mental illness(es) in their life. Mental health is a spectrum, and can be divided into 4 categories: healthy, stressed, struggling, and crisis. To make this point more clear, we all have physical health and we will all experience some form of physical illness(es) which at times can be mild and at other times serious. Yet, there are few stigmas attached to physical illnesses as compared to mental illnesses. It cries out for understanding through education, being non-judgmental, being inclusive and

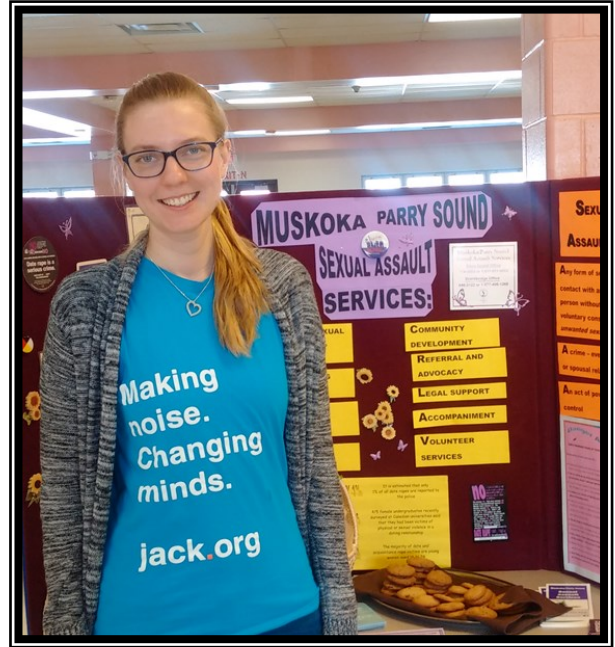
compassionate to end the stigma attached to mental illnesses.

Jack.org designs their programs to interact with young audience by utilizing cell phones to conduct an on-site survey. As a worker from the sexual assault sector, the first two questions immediately caught my attention as it compared the sex talk and mental health talk to demonstrate the point that mental health really isn't talked about.

- In a follow-up question regarding stigmas, the audience was asked “Where do the messages of stigma come from?” Peers – 14%; Family – 3%; Adult role models 8%; Media – 9%; All of these – 63%, and Other – 4%. That says we experience and learn stigmas from many sources!

Jack.org aims to save and improve the lives of young people through awareness and education, ending the stigma of mental health, changing the way we think and talk about mental health, and targeting and engaging young people from all backgrounds. Finally, Jack.org encourages young people to better care for themselves and support their peers – young people helping young people is a movement, and today's youth are taking the lead!

Doris Potts-Zygiannik



Erin Hodgson, Project Lead of Jack.org

YOUTH Leading CHANGE

Live Audience Responses	Did U ever have the Sex Talk	Did U ever have the Mental Health Talk?
Yes, ongoing over the years	43%	19%
Yes, but only once	27%	18%
No, but heard about it from peers	25%	11%
No, never talked with anyone	6%	53%



Volunteer Training Opportunity

Muskoka/Parry Sound Sexual Assault Services

Volunteer Training Dates & Times

Fall 2015

TUESDAYS (12:30 P.M. TO 3:30 P.M.)

September 15, 22 and 29

October 6, 13, 20, 27

November 3, 10 and 17

Training held at Bracebridge office

29 Manitoba Street, Suite 1

This **30-hour, FREE** volunteer training course is for **women** who:

- ◇ Are concerned about violence against women
- ◇ Would like to volunteer on the "Women's Sexual Assault Help Line" from the convenience of their homes
- ◇ Want to improve their listening and support skills
- ◇ Are looking for an excellent educational opportunity

*A **Certificate** is provided upon successful completion of the training sessions.*

Interested? Contact Linda Clarke, Volunteer Coordinator,
at (705) 646-2122 or 1-877-406-1268

OR by e-mail at linda@daphnewymn.com for more information.

Happiness is at... *Daphne's Drop In*

Mondays 9:30 am—Noon

A free drop-in for ALL WOMEN

Coffee, Snacks, and Networking

Make new friends. Learn new skills.

Live. Laugh. Enjoy.



**Held at the
Women's Resource Centre
29 Manitoba St.
Bracebridge, ON
705-646-2122**

Event Calendar APRIL - JULY 2015

April 20th	Library Extension Promotion	Cathryn Rodney CEO/ Chief Librarian
April 27th	Banking For Women	Deb Davidson Manager Royal Bank
May 4th	Chakra Gateways	Elise Curry Pranic Healer
May 11th	Creating Vision Boards	Jackie Stirrup Sharon Donaldson
May 18th	VICTORIA DAY HOLIDAY	See You Next Time
May 25th	Opera - Pagliacci	Claudette Wheeler Opera Lover/Teacher
June 1st	The Journey Of The Labyrinth	Monica Moore Reverend
June 8th	A Day In The Life Of A Convent Nun	Janice Barnes Benedictine Oblate
June 15th	Travelling To Panama	Christine Tanner Traveller
June 22nd	Naturopathic Medicine For Women	Barb Cowan Naturopathic Doctor
June 29th	Art With T/Shirts	Krysia Bower Artist Extraordinaire
July 6th	Birthday Party For All	Maria Duncalf Ed/Coordinator

Contact Person: maria@daphnewymn.com or www.daphnewymn.com

Muskoka Parry Sound Sexual Assault Services gratefully acknowledges donations from the Town of Bracebridge, the community, and weekly speakers.

Make it Happen



A Little Blurb on Self-Esteem

Self-Esteem can be defined as your “self- image” or “self-concept.”

It's what we think about ourselves. It's our opinion or judgement about who we are. If we were fortunate, we grew up in a good home with a loving family and we now benefit from a good self-esteem. How we were treated as children has an impact on how we treat ourselves later on in life.

If we were the victim of child sexual abuse, physical abuse, emotional/mental abuse we may have developed a poor self-esteem based on the messages we received from the abuse. For example, if we were told we were stupid we may have formulated the same opinion about ourselves – that we are stupid.

When thinking about self-esteem, remember to differentiate between fact and opinion. A fact is a piece of information that cannot be disputed. For example, my eyes are blue is a fact because it can be verified by observing. Facts cannot be challenged but opinions can. I like blue eyes is merely an opinion because others may prefer brown or hazel eyes. How we feel about ourselves is an opinion, not a fact. People with low self-esteem often take negative opinions as facts.

Some Benefits of Self-Esteem: Realizing my full potential; able to express myself fully; not constantly seeking approval; not feeling sorry for myself; being responsible for my own behavior; accepting healthy support; accepting feedback; seeing mistakes as growth opportunities; being open to try something new; being more self-accepting; making effective decisions; having healthier relationships; respecting my own and others' values; being able to take healthy new risks; coming to terms with my past.

Things that Boost Self-Esteem: Taking pleasure in everyday activities; thinking positively; celebrating personal achievements; coping more effectively; using positive affirmations; being more creative; doing self-nurturing activities; challenging and changing negative and critical thinking; making healthy choices; putting forth new ideas; recognizing ups and downs of life as being normal and expected; looking good; viewing failures as opportunities for growth; helping someone; accepting my body as is.

Acknowledging my Strengths: Having an attitude of gratitude; being charitable; being organized; having good people skills; enjoying a good challenge; being a good listener; giving freely of my time; being creative; taking responsibility for the health of my body; being good at a hobby; being fun-loving; having volunteer/job responsibilities; being well read; knowing my strengths and weaknesses; being honest; being a loyal friend

Ways to take Responsibility for Maintaining my Self-

Esteem: Making healthy food choices; planning and staying within my budget; managing my anger; expressing myself honestly and openly; finding opportunities for growth; continuing to learn; controlling the hours and environment in which I sleep; exercising; setting limits; being less critical of myself; being an active participant in my medical care; managing my time well; spending time enjoying the outdoors; having quality relationships; recognizing what I do well and what I don't do well

Things to Stay Away From: “Should” or “Shouldn't” statements; making poor decisions; socializing with negative people; using alcohol or drugs; being impatient with myself; wallowing in self-pity; finding faults in others; not getting the help I need to bounce back after a loss or set-back; taking care of others but not myself; blaming and taking things out on others; losing my temper; engaging in negative or critical self-talk; listening to a lot of “should” or “shouldn't”, harboring guilt, resentment and vengeful thoughts; taking unsafe risks; expecting myself to be perfect.

Compiled by Diane Kalverda, Therapist,
From 2015 Group Session Ladies

**BE THE
BEST
VERSION
OF
You
DO THE BEST YOU CAN**



Goodbyes to Doris Potts-Zyganiuk



made the decision to return home for more contact with her family there.

We will miss her—in her short time with us as Parry Sound Coordinator, Doris has rapidly developed the community development initiatives in the Parry Sound region,

Doris has been living in Canada for about 12 years, but recently has

in particular with holding the Kanawayhitowin service provider trainings, the Kanawayhitowin women's circle, and with numerous public education events.

Her tireless efforts with women she worked with have been noticed and appreciated. Staff members have also commented on the great job she has done on the Daphne's Voice newsletter and her calm and competent demeanour in working with others. We wish her all the best in her path forward. Miigwetch Doris

Lauren



Parry Sound Area Coordinator Job Vacancy

The competition for Doris' position as Area Coordinator for the District of Parry Sound is now open. Please contact lauren@daphnewymn.com for more information.

My Two Cents: A-musings

Of the Volunteer Coordinator



I'm thinking of writing my first literary works--in the form of a marriage manual. What are my credentials? Well...43 years of in-depth study and analysis and as many years of experiential learning...translation: I got married in 1971 and learned the hard way, the harder way and, oftentimes, the hardest way to navigate "marital bliss." In other words, I suggest to you that I am an expert.

And why might I be interested in doing this, you ask? To help others cope with the institution of marriage in a less traumatic fashion than I did, of course. Why reinvent the wheel? And I've got wisdom coming out my ears (it's definitely not wax...but to be sure I checked with the family doctor) and, truth be known, I feel driven to share this information with the world. (For the sake of transparency, I admit that I might have a bit of megalomania going on but that's a discussion for another day.)

To resume...my innovative marriage manual will be based on

various "suggestions." For instance, Suggestion #1 is: Be reality-based. Stay far away from romance novels. All Harlequin Romance novels in your vicinity must be thrown out, shredded or burned. I built many of my expectations of marriage on the romantic notions contained in these novels. If my husband had even read some Danielle Steele books, things might have been less painful for both of us. Reality is he prides himself on never having read a book and, in fact, focuses on Home Hardware catalogues, "short" biographies, and plumbing manuals. I remember him being quite enamoured of the Sears Catalogue--that's where he picked up styling tips. You can see the problem, right? Okay, so Rule #1 is be reality-based--save yourself a lot of emotional turmoil and devastation.

Oops! I've run out of literary space and I have so much more to say!--like using phrases such as "You could be right!" and "I'm not going to respond to that!" to avoid intense and, subsequently, draining arguments with your mate. (Warning: The first phrase must not be dripping in sarcasm--keep a light tone--after all there is a slight chance he is. Trust me! I know.)

Intrigued? I suggest you buy the book!

Linda Clarke, Volunteer Coordinator

All Ladies Welcome

Daisy Chain Drop In



Thursdays from 10 am to Noon (during school year)

Refreshments Provided

Child Care Available on Request;

Must call in Advance if Required

Chalmers United Church

131 Ottawa Avenue

South River, ON

Drop in or Phone:

1-877-406-1268

Happenings for Spring 2015

April 23 – Spring Fling with Lillian (desserts)

April 30 – To Be Announced

May 7 – Sewing Craft with Maureen T.

May 14 – Pie Making with Maureen T.

May 21 – Soup-Making with Maureen T.

May 28 – Mystery Session with Maureen T.

June 4 – Bingo Maia & Potluck

Daisy Chain Gratefully Acknowledges Support of: Chalmers United Church, Chalmers UCW, Sunridge Lions Club, Elementary Teachers' Federation of Ontario, United Church Mission Support Grant, United Church Development Fund, the Blue Rood Restaurant, Kawartha Credit Union, B&G Variety (Emsdale) South River Pharmacy, Strong Lodge No. 423, Near North Elementary Teachers, South River Lions club, Royal Canadian Legion South River Branch 390, Sunridge Foodland, Emsdale Lions, Knox Presbyterian Ladies Aid, and other private individuals and businesses.

Muskoka/Parry Sound Sexual Assault and Muskoka YWCA

Proudly Presents the Play

The Good Body

written by Vagina Monologues Author

Eve Ensler

directed by

Catherine Cole

featuring

*Jeanine Spring, Robin Clipsham, Amy Bridle,
Emily Bridle and Taylor Johann*

April 23 at Rene Caisse Theatre in Bracebridge

Tickets - \$25

Available at Box Office

Thanks to Sponsors -

Justice Canada and Town of Huntsville

for their generous support



Scene from Huntsville play

Self Care With YOGA



by **Kimberly Brown-Metcalf**

When people talk about yoga, they often reference the physiological benefits of the practice, such as increased flexibility and decreased muscle stiffness.

However, not enough is mentioned about the mental, psychological, and cognitive benefits of yoga — and there are plenty.

There have been several studies done to assess the effectiveness of yoga for brain and mental health well-being — and the research has come back promising. With that said, here is a list of the most prominent mental health benefits of practicing yoga:

YOGA IMPROVES YOUR PSYCHOLOGICAL AND MENTAL WELL-BEING

According to the British Psychological Society, yoga involves concentration on the breath and body, which makes it a great way to self-soothe and relieve worries.

YOGA REDUCES THE EFFECTS OF TRAUMATIC EXPERIENCES

Individuals who experience post trauma stress (frequently experiencing nightmares and flashbacks) can benefit from yoga.

How Yoga Can Help

According to Kripalu-trained yoga teacher Dana Moore, who is founding member of the Trauma Center Yoga Program and a

faculty member of the Trauma Center Professional Training Institute, Moore uses yoga, mindfulness, and counseling to help people overcome stress and trauma. Moore references Bessel van der Kolk, who is an internationally recognized leader in the field of psychological trauma and Founder/Medical Director of the Trauma Center.

Because trauma has so many physical effects, it's clear to van der Kolk why it's important to move beyond simply talking:

"It's great to be able to put your feelings

into words," says van der Kolk, "and feeling that somebody understands your suffering is enormously comforting. But it doesn't make your body know that you are safe. The real method is resetting your physiology."

Dr. van der Kolk says that yoga is an ideal method to do this.

"Yoga really attends to the body and the breath, attends to stillness. It allows you to feel everything you feel, to tolerate every sensation, and to live and move with it."

To this end, he recommends yoga in conjunction with working with a therapist who is trained in trauma therapy. "None of my patients have been able to tolerate a yoga program if they weren't in therapy at the same time. Too much painful stuff comes up."

Because a common outcome of trauma is hyperarousal—a gentle, trauma-sensitive yoga practice offers the opportunity to experience a change in mental states. Moore goes on to suggest that, "clients can shift from hyperaroused to feeling relaxed, and that is very profound for them, even more so than the average population," says Moore, who teaches yoga to trauma patients. "They can feel what it's like to be 'normal' again." He adds: "Then after yoga practice, they are able to say, 'This is how I want to feel all of the time.'"

In addition, because yoga is nonverbal, it can help those people who experience the shutting down of their speech center. Even though they don't talk about it, they can use their body as a means of self-expression. And the simple act of moving the

body can create a major sense of accomplishment for people whose bodies have been frozen or numbed by their experience.

Many people who've been through an overwhelming experience like a car wreck feel like victims of circumstances. "When they can move the body in a purposeful way, they cultivate an internal locus of power," says Moore. "They can say, 'I can act in my own best interest,' or 'I can determine the kind of experiences I have.'"

Overall, van der Kolk says that a somatic approach can radically alter the body's physiology: "It can rewire your brain stem, and change the fear system in your brain. It can regulate the balance between the sympathetic and the parasympathetic nervous systems and activate the cranial nerves so your body doesn't respond to everything as if it's getting hurt."

As such, yoga seems to be a great counterattack against the impact of traumatic experiences.

YOGA HELPS WITH ANXIETY AND DEPRESSION

Consisting of activities such as relaxation, meditation, socialization, and exercise, yoga has been proven helpful in reducing anxiety and depression.

According to a Harvard University article, yoga is able to accomplish this by helping regulate a person's stress response system.

With its ability to lower blood pressure and heart rate as well as improve respiration, yoga provides you with the means to deal with and resolve anxiety and depression without resorting to expensive medications.

YOGA BOOSTS MEMORY AND CONCENTRATION

Yoga has been proven effective in improving memory and concentration, according to Women's Fitness.

As you remove the static noise in your head and focus your mind, you'll find that you are able to remember things, concentrate, and perform much better.

YOGA PREVENTS THE ONSET OF MENTAL HEALTH CONDITIONS, WHICH ARE

PREVALENT DURING ADOLESCENCE

Adolescence is a stage in one's life when a variety of mental health problems are more likely to develop. With the many cases of psychological disorders diagnosed in teenagers, it has become imperative to find ways to prevent the onset of such mental health conditions.

Yoga, among others, has been seen as a helpful method that can be used to protect adolescents from mental illnesses.

This is according to a study published in the Journal of Developmental and Behavioral Pediatrics. The study had some of the subjects enrolled in Physical Education classes centered on Kripalu yoga. This type of yoga involves physical postures, breathing, relaxation, and meditation. In comparison to the control group, the yogis displayed better moods, lower levels of anxiety and tension, better anger control, improved resilience, and enhanced mindfulness.

These are just some of the many factors that are important in the prevention of psychological conditions in teenagers.

As with any new exercise regime it is important to consult with a medical professional first. Finding a therapist and yoga instructor who are trauma informed is an important step toward growth and healing.

NAMASTE

KANAWAYHITOWIN
Help End Aboriginal Woman Abuse

FACILITATOR TRAINING WORKSHOP

May 26—27, 2015

Shawanaga Healing Centre

Shawanaga First Nation

Register With:

Danielle @ 705-366-2378

**Brought to You by: Muskoka/Parry
Sound Sexual Assault Services**

Muskoka/Parry Sound Sexual Assault Services

Parry Sound Office

7 William Street, Suite# 3
Parry Sound, Ontario P2A 1V2
Phone: (705) 774-9083
Toll Free: 1-877-851-6662

Bracebridge Office

29 Manitoba Street, Suite 1
Bracebridge, Ontario P1L 1S4
Phone: (705) 646-2122
Toll Free: 1-877-406-1268
Fax: (705) 645-7839



To Make A Submission, e-mail to:

Lauren@daphnewymn.com

We're on the Web
www.daphnewymn.com

WE CAN HELP.

MARK THESE EVENTS ON YOUR CALENDAR

April 23—The Good Body in Bracebridge, p 11

May 26-27—Kanawayhitowin Facilitator Training @ Shawanaga Healing Centre, p 13

May 29—Survivor's Conference @ Hidden Valley Resort

June 10—Annual General Meeting @ Bracebridge, 7

BI-ANNUAL NEWSLETTER

SUBMISSION DEADLINES

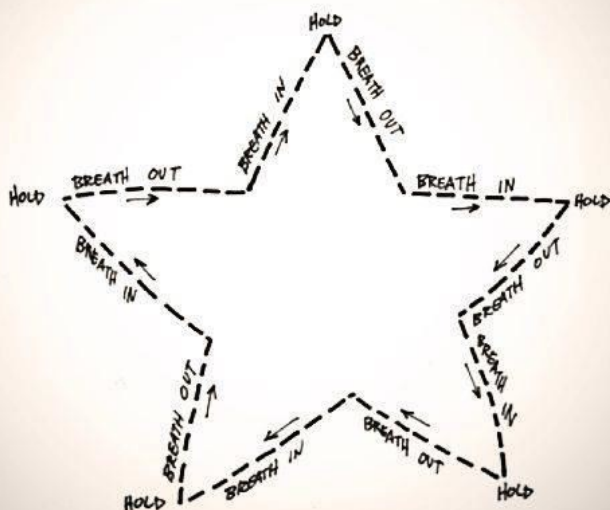
November Edition —Submission Deadline is October 15

May Edition—Submission Deadline is April 15

5-Count Breathing is the best technique you'll ever have for controlling anxiety. When we become anxious our breathing becomes rapid and shallow which makes us feel lightheaded, dizzy, our heart beats faster and lights and sounds can seem further away. This makes Anxiety worse which makes us breath faster and shallower.... you can see where I'm going with this.

The 5 count breathing technique does two things, it forces us to slow our breathing down, so we breathe deeper. Secondly, it gives us something other than the rising anxiety to focus on. Both of which will lessen the anxiety.

Five Count Breathing



Walk to End Violence

is New Name Chosen to Replace
Community Safety Walk

During DVCC's April Monthly Meeting, committee members were given the opportunity to offer suggestions for a more appropriate name for the annual walk.

Jacqui Morrison of Victim/Witness Assistance Program was the only person who brought forth her idea of a new name—Walk to End Violence which is all inclusive as it covers ending all forms of violence which may attract many more supporters to the awareness issue of ending violence.

DVCC looks forward to many new faces in the annual Walk to End Violence!