

Ma Gu Wam Advocates,

We hope everyone is doing well. This month, the CSVANW Advocate Community is continuing to focus on our well-being by providing Resilience for Advocates Foundational Training. In addition, I am sharing financial classes for the survivors you serve. If they register, they can have two opportunities to the following classes (morning & afternoon) offered by FinAbility:

Goals and Tools

Aug 11, 2022 10:00 AM & 3:00 PM

Duration: 90 minutes

Learn to develop short-, intermediate-, and long-term goals, and learn the tools to attain those goals, such as banking and budgeting

Credit & Debt

Oct 20, 2022 10:00 AM & 3:00 PM

Duration: 90 minutes

Learn the importance of maintaining strong credit, and how to find and monitor your credit report and score. This also covers different loan types, and how they play a role in planning for large purchases

Two ways you can sign-up:

1. You can complete this 1-minute [interest form](#), and we'll schedule and invite you to classes based on your availability and preferences.
2. You can view a list of upcoming classes [here](#) and register

Check out FinAbility's website for other great financial resources for survivors of DV <https://www.finabilityus.org/>



Resilience for
Advocates through
Foundational Training

Building Resilience While Facing Uncertainty

The team at RAFT understands the struggles that come with working as a sexual and domestic violence advocate. Everything from the inability to switch roles when you get home, to the compassion fatigue that robs you of your ability to empathize. And let's not forget plain-old exhaustion.

As a person who's dedicated your life to the well-being of others, we'd like to provide you with **five 2-hour workshops** that provide you with **critical tools and relaxation techniques** that help improve your own well-being and build resilience.

RAFT Virtual Workshops

BOUNDARIES AND THE DIFFERENCE BETWEEN SURVIVING AND THRIVING	THE IMPORTANCE OF VALUES AND SAYING "NO" IN A POSITIVE WAY	BUILDING RESILIENCE TO SHAME WORKSHOP
<p>THURSDAY JULY 14th, 2022 • 10AM-12PM MDT</p> <p>Learn how to define personal boundaries and how to be "self-full" versus selfish.</p> <p>Key Takeaways:</p> <ul style="list-style-type: none"> ★ Be able to define and know types of personal boundaries. ★ Understand the importance and purpose of personal boundaries. ★ Be able to identify healthy and unhealthy boundaries. ★ Be aware of when boundaries are crossed. 	<p>THURSDAY JULY 21st, 2022 • 10AM-12PM MDT</p> <p>Learn how to determine your values and uphold them by saying a positive "No".</p> <p>Key Takeaways:</p> <ul style="list-style-type: none"> ★ The importance of prioritizing yourself and your well-being. ★ Determine your most important values and how to apply it in decision-making. ★ How to say a positive "No". 	<p>WEDNESDAY AUGUST 12th, 2022 • 10AM-12PM MDT</p> <p>Learn how to identify and deal with shame to improve one's well-being and build resilience.</p> <p>Key Takeaways:</p> <ul style="list-style-type: none"> ★ Identify triggers and sources of shame. ★ Practice critical awareness ★ Understand the attributes of empathy ★ Name your trusted network



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STRENGTHS IN DECISION MAKING WORKSHOP	BUILDING A RESILIENT LIFE	WORKSHOP ACCESS INFORMATION
<p>WEDNESDAY AUGUST 17th, 2022 • 10AM-12PM MDT</p> <p>Learn how your innate strengths mitigate stress and navigate self and team decisions.</p> <p>Key Takeaways:</p> <ul style="list-style-type: none"> ★ Determine how to use your top 5 strengths to increase self-empathy. ★ Capitalize on your strengths in your organization. <p>NASW CONTINUING EDUCATION CREDITS AVAILABLE- 2 CONTACT HOURS</p>	<p>WEDNESDAY AUGUST 24th, 2022 • 10AM-12PM MDT</p> <p>Bring together everything learned in the previous workshops to create intentional self-care plans. Also learn how to use empathy to improve your relationship with yourself and others.</p> <p>Key Takeaways:</p> <ul style="list-style-type: none"> ★ Learn about self-care as a resilience to support job function. ★ Use positive psychology to create an intentional replenishment plan. ★ Learn gratitude practices and apply the attributes of empathy to yourself and others. 	<p>https://zoom.us/j/5858043499 Meeting ID: 585 804 3499</p> <p>Password: raftcares! +16465588656,,5858043499# US (New York) +13017158592,,5858043499# US (Germantown)</p>

August CSVANW Advocate of the Month-Gina Lopez Ute Mountain Ute Tribe

We would like to honor Gina Lopez of the Ute Mountain Tribe in Colorado as our August Advocate of the Month. It is an honor to work with a strong and fierce advocate. Congratulations Gina!

Gina Lopez (She/Her), Nuuche BIO:

Gina joined CCASA in October 2018 as the Rural & Indigenous Communities Manager, a remote-work position. As part of the Programs Team with CCASA, she provides training, technical assistance, education and culturally-specific victim services discussions. A member and resident of the Ute Mountain Ute Tribe in Towaoc, Colorado and had been the Program Coordinator for the Tribe's first-ever tribal comprehensive victim services from late 2015 to 2018 supervising DV/SA and suicide prevention IHS grant programs. She is also a facilitator of NAUHZCASA (Navajo, Apache, Ute Hopi, Zuni Coalition Against Sexual Assault) that has existed 12 years through various facilitators. She earned a Bachelor of Science degree in Criminal Justice/Criminology from Metro State University of Denver. In her down time, she is a fierce aunty to many kiddos and young adults in her Tribal community roots.



Pictured: August CSVANW 2022 Advocate of the Month Gina Lopez

If you are an advocate and would like to join the CSVANW Advocate Community by contacting tjirion@cspanw.org