

Become a PCA Helpline Advocate!

Training for new volunteers will be held in February. Please complete the application (found online at www.thepca.org) and return to The Phoenix Center at Auraria by January 31st. Training dates will be:

Tues/Thurs from 5:30-9pm:
2/8, 2/10,
2/15, 2/17, 2/22 and
2/24

Saturdays from 9am-6pm:
2/12 and 2/19

Finals Stressing you out? Tips to help you relax...

- Eat healthy, well-balanced meals
- Exercise
- Make sure you are getting sleep!
- Spend time with friends.
- Get a massage
- Try some deep breathing exercises, meditate, or do yoga

The Phoenix Flyer

Upcoming Events

***FREE WEBINAR*
Before, During, and After Relocation**

- Monday, Dec. 20th
- 1pm– 3:30pm
- REGISTER BY DECEMBER 17th AT: <https://www.surveymonkey.com/s/relocate>

Preparing to relocate is always a confusing time, especially for survivors of domestic violence, sexual violence and stalking.

This webinar will highlight questions to ask and issues to address at each step of the journey, including what survivors need to know about how to navigate the courts, housing, education, and financial systems.

Spring Semester Self-Protection and Empowerment Trainings

RAPP and the PCA will be offering a series of trainings next semester. Lean techniques for physical, verbal, and emotional assertiveness.

Join us for our first **FREE** 1.5 hour “teaser” class on **Thursday, January 27th from 1:30-3pm**. Space is limited, so please contact Lana.Mathis@ucdenver.edu to register.



January is Stalking Awareness Month!

Stay tuned for more information on events the PCA will be sponsoring to raise awareness...

Safe Space: Psycho-Educational Support Group for Survivors of Sexual Assault

This group will provide a healing, safe, and empowering space for female survivors to receive education and support around their experiences with sexual assault.

Members can share stories and connect with other survivors, discuss the effects of living as a survivor, and learn coping mechanisms. Group will start the second week of February and meet weekly for 8 weeks; day and time TBA. Contact Lana Mathis at Lana.Mathis@ucdenver.edu, or call the Phoenix Center at (303) 556-6011 to sign up.

