

OCTOBER 2023

DOMESTIC VIOLENCE AWARENESS MONTH EVENTS

Lunch & Learn: Webinar Series I

Throughout October, OPDV's GBV & the Workplace program will be hosting weekly lunch and learns for ALL state employees. These Lunch & Learns will be 20-minute presentations focusing on the basics of the Gender-Based Violence and the Workplace policies and how survivors can contact their DVAL to discuss workplace safety planning, workplace accommodations, etc.

Check your email for registration details from the Office of Human Resources, Diversity & Inclusion

Webinar Series II: Domestic Violence 101 Webinar Series

Throughout October, OPDV will be hosting a weekly 1-hour free webinar on domestic violence which is open to EVERYONE. These webinars will cover definitions, power and control tactics, staying versus leaving and survivor-centered responses.

Check your email for registration details from the Office of Human Resources, Diversity & Inclusion

Plain Clothes, Plain Talk

Meet the people behind the badge. No Uniforms, No Agenda. Stop by for a cup of coffee and snacks with UPD Officers and receive resources, giveaways, and ask any questions you may have.

October 3 | 5-6 p.m. | Student Union Concourse (if rain, inside in front of SUB 100N

Trivia & Treats

Stop by to see our Title IX Coordinator, Crime Victim Advocate, and Coordinator of Wellbeing Initiatives & Outreach for a quick round of trivia and treats! Prizes, cookies, refreshments and resources, including domestic and dating violence prevention, Crime Victims Assistance Program, and substance use prevention will be available.

October 5 | 12-1 p.m. | Student Union Lobby Outside 100N

Navigating Love Languages, Healthy Boundaries, and Emotionally Unsticking Ourselves

Are you feeling emotionally stuck in your relationships? Do you long for deeper, more meaningful connections while preserving your emotional well-being? Whether you're single, in a relationship, or navigating various social dynamics, this workshop will work on helping you to take some steps towards creating more fulfilling connections. In this immersive experience, we'll gain insights into the language of love and learn the art of setting boundaries that protect our emotional well being. We will explore the concepts of love languages and how they play a pivotal role in the dynamics of our relationships. We are going to discover our unique love language and uncover the impact it has on our connections with others and how in identifying our love language can help us to understand how to set boundaries that empower us to break free from emotional stagnation. Facilitated by our Crime Victim Advocate and members of Oasis & Haven. Snacks and beverages provided!

October 12 | 7-8:15 p.m. | SUB 62/63

The Relationship Workshop

Would you like to have healthier relationships? Whether you're dating, Tinder-ing, single, recovering from a breakup, in a long-term couple, or just curious about how to improve your relationships and friendships, The Relationship Workshop can help. This workshop, developed by SUNY Stonybrook psychology professor Joanne Davila, will be facilitated by Professor Lisa Phillips, a journalist and author who writes about mental health and relationships. Pizza & beverages will be served!

October 17 | 6-7:15 p.m. | SUB 409

Ulster County Domestic Violence Information Forum

Join us for the 11th Annual Ulster County Domestic Violence Information Forum at SUNY New Paltz. The purpose of the Ulster County Domestic Violence Information Forum is to educate the public and service providers on topics relating to domestic violence in our community as a tool for prevention. Many service providers in Ulster County will be present and resources available as tabling will be taking place before and after the main event. This event is free and open to the public and the agenda will be shared closer to the event date. Registration is encouraged, with check-in beginning at 8:45am and welcome remarks beginning at 9:30am. Light breakfast and beverages served.

October 18 | 9:30-11:30 a.m. | LC 100 & LC South Lobby
*Please check your email for registration and agenda details.

LGBTQ+ Relationships

Learn the signs for healthy LGBTQ+ relationships, how to explore dating or relationships when you might not be too sure of your own sexuality or gender, and what healthy exploration of non-monogamy looks like! Whether you're in a relationship, single, an ally, or LGBTQ+ identified, everyone is welcome to join in on this interactive and discussion-based workshop.

October 18 | 4-5 p.m. | SUB 409

Purple Thursday and Social Media

Students, Staff & Faculty are encouraged to wear purple to raise awareness for domestic violence. Don't forget to tag #sunynewpaltz or #nysopdv (Office for the Prevention of Domestic Violence) on social media!

October 19

It's On Us Chapter at SUNY New Paltz Presents: How to Exit an Unhealthy Relationship & Avoid Ongoing Manipulation

Facilitated by Oasis & Haven, this workshop will focus on navigating the ending of an unhealthy or abusive relationship and the emotional rollercoaster that often accompanies it. Join trained peer counselors to discuss warning signs of an unhealthy relationship and learn ways to support people who may be going through a rocky relationship exit. This will be an interactive workshop with journal prompts to explore how discovering our self-worth can lead us to healthier relationships. Snacks and beverages will be provided, as well as important resources.

October 23 | 6:30-7:45 p.m. | HUM 218

The Breakup Workshop

Whether you recently had your heart broken, are happily living the single life, want to learn how to deal with breakups of friendships, or are looking to support a friend, The Breakup Workshop is for you. Enjoy pizza and beverages while learning to navigate the complicated world of relationships. This workshop, developed by SUNY Stonybrook psychology professor Joanne Davila, will be facilitated by Professor Lisa Phillips, a journalist and author who writes about mental health and relationships.

October 24 | 6-7:15 p.m. | SUB 409

Positive Masculinity Workshop

This interactive workshop is about building connection and community as we share about the impacts of masculinity. Our goal is to breakdown the constructs of masculinity, individualism and colonization so that we can create a new village of support and safety. This workshop is for all gender identities and members of the New Paltz community. No need to register, just show up. Food and beverages served!

October 25 | 6-8:00 p.m. | SUB 62/63

It's On Us Chapter at SUNY New Paltz Presents: Online Dating Safety

Facilitated by Oasis & Haven, students will learn about the intersection of online dating and dating violence, as well as ways to stay safe while online dating. Swipe through (fake) Tinder profiles with us as we discuss red flags to look out for and workshop messages to judge the safety of a first date. We will discuss the topic of consent and ways to ensure your comfort when meeting someone in person for the first time, including how to establish boundaries or leave a date that is making you uncomfortable. Snacks and beverages will be provided, as well as important resources.

October 26 | 6:30-7:45 p.m. | SUB 62/63

In light of Domestic Violence Awareness Month, the topics discussed at several of these events include conversations about sensitive and personal experiences that may be uncomfortable. Please practice self-care when attending these events.

If you have accessibility questions or require accommodations to fully participate in this event, please contact Danielle Strauchler at strauchd@newpaltz.edu at least one week prior to the event.