








DVAM: Daily Action Calendar

October 2023

 Self-Care Sunday	 Media Monday	 Let's Talk Tuesday	 Watch List Wednesday	 Tune In Thursday	Pay It Forward Friday 	
Join Journey Center and others in our community by getting involved with our Daily Action Calendar. Join us on Facebook and invite others to participate in the conversation.				#DVAMde #DVAM2023 #Every1KnowsSome1		
1 Mild pampering. Paint your nails, do a face mask, any caring act for your body.	2 "Are Jonah Hill's texts really therapy speak" and "What is Emotional Abuse?"	3 "How have you supported someone who's experienced abuse? Would you change anything?"	4 <u>Watch:</u> The documentary "Mourning Son" on Amazon Prime	5 <u>Podcast on Crimes Against Women:</u> Firearms and IPV, A Deadly Combination	6 <u>Donate</u> baby items: wipes, crib sheets (new), and diapers (size 5 & 6).	7 Reflect on what you learned.
8 Get outside! Go for a walk, read a book by the lake, garden, whatever you want.	9 "How DV and mass shootings are linked" and "Safety Planning Around Guns"	10 "What myths have you believed about DV in the past? What changed?"	11 <u>Watch:</u> "Why DV Victims Don't Leave" TED Talk	12 <u>Podcast Series:</u> The Girlfriends	13 Make a <u>financial contribution</u> to Journey Center to support survivors.	14 What stuck out?
15 Make a list of 10 things you are good at.	16 "Why post-Roe restrictions worry experts" and "Abusers Are Using Bans to Control Victims"	17 "What steps can you and will you take to support safe, healthy relationships?"	18 <u>Watch:</u> "herself" on Amazon Prime	19 <u>BWJP:</u> The Lived Perspective of Latina Survivors	20 <u>Donate</u> new household items: cups, bowls, toaster, plates, silverware, pots & pans.	21 What has stayed with you?
22 Exercise. Go for a run (or walk), stretch, or turn on a workout video.	23 "Economic ties kept them connected for years" and "About Financial Abuse"	24 How does your lived experience show up in how you support people you care about?	25 <u>Watch:</u> "African American Partner Violence Victims" TED Talk	26 <u>Podcast on Crimes Against Women:</u> Stalking & Post-Separation Abuse	27 <u>Donate</u> personal care items: lotion, soap, brushes, deodorant, towels & wash cloths.	28 What do you want to learn more about?
29 Repeat this affirmation: "I am worthy of love just as I am."	30 "We can't ignore the connection between DV & addiction" and "Substance Use Coercion"	31 "What steps can you and will you take to support safe, healthy relationships?"	 216.391.4357 (HELP) Journeyneo.org			

Week of Action

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Week 1: October 1 - 7

Sunday, October 1

Give yourself some mild pampering. Paint your nails, do a face mask, any caring act for your body.

Monday, October 2

Read the following articles that discuss the impact of emotional abuse:

- [Are Jonah Hill's texts really 'therapy speak'? I asked a therapist](#)
- [What is Emotional Abuse?](#)

Tuesday, October 3

Have a conversation with at least one person in your life.

Answer this question: How have you supported someone who has experienced or been impacted by abuse? Would you change anything? Why or why not?

Wednesday, October 4

Watch the Dave Navarro documentary, [Mourning Son](#), (1 hour, 48 minutes) about the trauma he endured; when at 15 his mother was brutally murdered by her estranged ex-boyfriend.

Thursday, October 5

Listen to the podcast from Podcast on Crimes Against Women: [Firearms & Intimate Partner Violence: A Deadly Combination](#) (1 hour, 5 minutes).

Friday, October 6

[Donate](#) baby items from Journey Center's Wish List: wipes, crib sheets (new), and diapers size 5 & 6. Check out our website for the full list.



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Week 2: October 8 - 14

Sunday, October 8

Get outside! Go for a walk, read a book by the lake, clean up your garden or lawn before fall, whatever you like as long as you get outside.

Monday, October 9

Read the following articles that discuss the impact of domestic violence and firearms:

- ["Mass killers practice at home": How domestic violence and mass shootings are linked](#)
- [Safety Planning Around Guns and Firearms](#)

Tuesday, October 10

Have a conversation with at least one person in your life.

Answer this question: What myths do you believe about domestic violence in the past? What changed? Why?

Wednesday, October 11

Watch the TED Talk, [Why Domestic Violence Victims Don't Leave](#) (16 minutes).

Thursday, October 12

Listen to the podcast series [The Girlfriends](#).

Friday, October 13

[Make a financial contribution](#) to Journey Center to support survivors.



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Week 3: October 15 - 21

Sunday, October 15

Make a list of 10 things that you are good at. Look at this list any time that you need a reminder or pick-me-up.

Monday, October 16

Read the following articles that discuss the impact of Abortion restrictions on survivors:

- [Why post-Roe abortion restrictions worry domestic violence experts](#)
- [Domestic Abusers Are Using Abortion Bans to Control Their Victims](#)

Tuesday, October 17

Have a conversation with at least one person in your life.

Answer this question: What steps can you and will you take to support safe, healthy relationships?

Wednesday, October 18

Watch the movie, [herself](#), (1 hour, 37 minutes) on Amazon Prime. herself is the story of a woman who escapes her abusive partner with her two young children. Rebuilding a life from the ground up cannot be done alone.

Thursday, October 19

Listen to the podcast from BWJP: [The Lived Experience of Latina Survivors](#) (38 minutes).

Friday, October 20

[Donate](#) new household items from Journey Center's Wish List: cups, bowls, toaster, plates, silverware, pots and pans.

Check out our website for the full list.



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Week 4: October 22 - 28

Sunday, October 22

Exercise. Go for a run (or walk), stretch or do yoga, turn on a workout or dance video. Get your sweat on!

Monday, October 23

Read the following articles that discuss the impact of financial abuse:

- [She escaped her husband's physical violence - but economic ties kept them connected for years](#)
- [About Financial Abuse](#)

Tuesday, October 24

Have a conversation with at least one person in your life.

Answer this question: How does your lived experience show up in how you support people you care about?

Wednesday, October 25

Watch the TED Talk, [Hindered Help: African American Partner Violence Victims](#) (12 minutes).

Thursday, October 26

Listen to the podcast from Podcast on Crimes Against Women: [Stalking and Post-Separation Abuse](#) (1 hour).

Friday, October 27

[Donate](#) personal care items from Journey Center's Wish List: lotion, soap, brushes, deodorant, towels, and wash cloths.

Check out our website for the full list.



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Week 5: October 29 - 31

Sunday, October 29

Repeat this affirmation: I am worthy of love just as I am. Repeat as often as needed and remember- you are worthy.

Monday, October 30

Read the following articles that discuss the connection between domestic violence and substance use:

- [Why we can't ignore the connection between domestic violence and addiction](#)
- [What is Substance Use Coercion?](#)

Tuesday, October 31

Have a conversation with at least one person in your life.

Answer this question: What steps will you take to support safe, healthy relationships? For you, your family, and your community? What will you do today? Tomorrow? Next year?

Reflect on what you learned.

What stuck out?

What has stayed with you?

What do you want to learn more about?

What actions will you take after October/DVAM?

