

# SEXUAL ASSAULT AWARENESS MONTH

## EMPOWER YOUR VOICE



### SAAM Slam: Open Mic Night

**April 8th 8pm The Living Room**

**Co-sponsored by Mane Entertainment**

Sing, perform poetry, play an instrument, or come support and feel supported by your LMU community.

### The Clothesline Project

**April 8-12th 11am-2pm Palm Walk**

**Sponsored by LMU CARES**

Survivors of violence, their partners, family and friends are encouraged to design shirts to be displayed during the annual Clothesline Project at LMU. Each shirt is decorated by the survivor or someone who cares about her or him to represent a specific person's experience. Come by the table next to the Clothesline between 11am and 2pm to ask questions and make a shirt.



### Self Defense Seminar

**April 9th 7pm Burns Back Court (2nd Floor)**

**Co-sponsored by The FitWell Center**

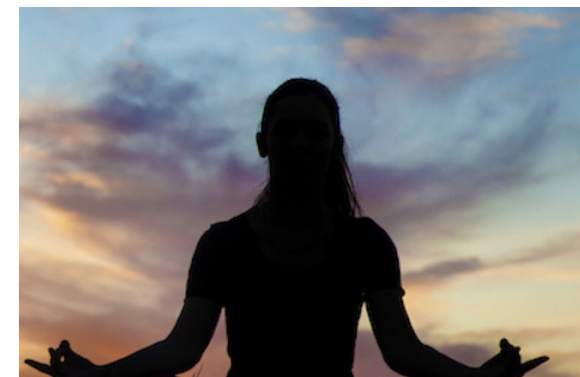
Come learn self-defense techniques that will leave you feeling empowered. This workshop teaches a hands-on strategy and also provides psychological awareness and verbal skills to handle real-life situations. **STUDENTS ONLY.** Space is limited on a first come, first serve basis.

### Self-Care & Self-Compassion

**April 23rd 6-7:30pm Sullivan Lounge**

**Co-sponsored by Community of Care & the East Quad Resident Staff**

This event will include a presentation about the Community of Care program, including referral procedures to make a referral for other students who are victims of sexual assault, a self-compassion and forgiveness meditation, and a self-care essential oils making workshop.



### Denim Day

**April 24th 8am-5pm Palm Walk**

**Co-sponsored by LMU CARES and Human Resources**

Join the LMU Community in the international movement and wear jeans with a purpose! Denim Day serves as a day of awareness to break down rape myths and stand for change in our communities. Donate on LEO by April 10 to guarantee a Denim Day shirt to wear!

### Denim Day Ribbons

**April 24th 10am-2pm Palm Walk**

**Co-sponsored by RHA**

Join us for SAAM by stopping by our table to make your own denim ribbon that you can wear throughout Denim Day to show your support. There will be music and other giveaways!



### SAAM Tabling

**April 25th 9am Palm Walk**

**Co-sponsored by the Wellness Educators**

As part of SAAM, the Wellness Educators will hold a tabling to provide education, resources, and an interactive activity to the LMU community.



**LMU EXP**

Integrate Mind, Body & Spirit  
#LMUEXP | [lmu.edu/lmuexp](http://lmu.edu/lmuexp)

**LMU CARES**

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