



Domestic Violence ACTION Month

October 2023

Take ACTION to end domestic violence—We all can be a part of the solution.

Add your voice to this year's #DVAM2023 campaign and share with your community what **action(s)** you will take to end domestic violence. All month long we will be sharing ideas from this campaign on our Instagram and Facebook pages. You can start by participating in one or more of our events going on throughout the month!

EVENTS

Maine Marathon

Run for a cause! Are you ready to run, walk, or join a relay to complete the full or half marathon? If so, sign up today! Don't forget to say hello to Through These Doors volunteers who will be cheering you on!

Date: **Sunday, October 1st**

Time: **7:45am start time**

Location: **Baxter Blvd, Portland**

Registration: <https://mainemarathon.com/>

Health Cares About DV Day

Wednesday, October 11th is the 24th annual *Health Cares About Domestic Violence Day*. Sponsored by FUTURES, the awareness-raising day aims to reach members of the healthcare and advocacy communities to offer education about the critical importance of universal education, address the health impact of abuse and offer warm referrals to local DVRCs. Follow us on social media to learn more.

Justice Radio

Listen to episode #50 *Incarcerated Women Survivors with Through These Doors*

Date: **Sunday, October 15th**

Time: **1:30pm**

Listen Live: **WMPG 90.9 and WERU 89.9**

Listen Later: <https://archives.weru.org/category/justice-radio/>



DVAM 2023 EVENTS CONTINUED

Luna Segrata

The Portland Yoga Collective is set to host a truly empowering event called "Luna Segrata." This unique gathering invites women from all walks of life to unite in a sacred space for an enriching experience community and time to share, visualization, creative ritual, intention setting and chocolate; It's a celebration of strength, community, and self-discovery that showcases the diverse and inclusive spirit of our city, where fitness and mindfulness intertwine to create a holistic approach to well-being.

Date: **Sunday, October 15**

Time: **7pm**

Location: **Portland Yoga Collective, 98 Cross St N Suite C, Portland**

Wear Purple Day

Thursday, October 19th is *Wear Purple Day*. Join the national movement to help raise awareness about domestic abuse. Wear purple, snap a selfie with your family/friends/co-workers and then tag Through These Doors using **#wearpurple**.

Music– Cora Boone Presents...

Maine's very own Cora Boone is taking center stage as not just a talented performer but also a philanthropic force in the local music scene. She is set to host three captivating music shows that spotlight the incredible talent of our county's local bands and artists. What sets these performances apart is that all proceeds from ticket sales and generous donations will go towards the invaluable work of Through These Doors.

Date: **Sunday, October 1**

Time: **Doors: 630pm Show: 7:00pm**

Location: **Prism Analog, 34 Preble Street, Portland**

Date: **Tuesday, October 3**

Time: **7:00pm**

Location: **Blue, 560 Congress Street, Portland**

Date: **Friday, October 20**

Time: **8:00pm**

Location: **Hi-Fidelity Brewing, 200 Anderson Street, Portland**



DVAM 2023 EVENTS CONTINUED

Spin for a Cause

Reve Cycling Studio, the premier spin studio in town, is gearing up for an exciting week-long fundraising drive that promises to get hearts racing, both on and off the bikes.

Date: **October 16-21st, Culminating Event October 21st**

Time: **Ongoing, Culminating Event 8:30am**

Location: **Reve Spin Studio, 559 Forest Avenue, Portland, ME**

DVAM 2023 COMMUNITY CAMPAIGNS

Purple Light Nights®

Throughout the month of October look for purple lights in your neighborhood! Purple Light Nights is a global campaign in over 32 states and 3 countries with the goal to increase the awareness of domestic violence. Through These Doors is once again partnering with the city of Portland, Cumberland County, local business owners, law enforcement agencies, and community members in making Cumberland County glow purple for October. For more information check out: <http://www.purplelightnights.org/>

Library & Bookstore Campaign

A great way to take action is to raise your own awareness. One way to do that is by reading! There are lots of good books for all different ages about healthy relationships and domestic abuse. TTD is partnering with libraries and local bookstores in Cumberland County again this year. When you visit your local library and bookstores this month look for a DVAM recommended reading list and ask for a Through These Doors DVAM bookmark.

Restaurant & Bar Campaign

Throughout the entire month of October, Through These Doors is joining hands with local restaurants and bars throughout Cumberland County, embarking on a mission to both raise funds and increase awareness about our organization's crucial work. As you dine or unwind at these establishments, keep an eye out for our distinctive table tents that feature essential information about our cause, as well as valuable suggestions on how you can actively participate and support our mission.

Domestic Violence Action Month October 2023
 Suggested Reading



In the Dream House
 Carmen Maria Machado
 Adult



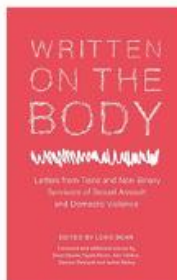
The Black Woman's Guide to Overcoming Domestic Violence
 Moore-Lobban & Gobin
 Adult



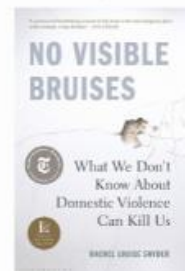
Speak
 Laurie Halse Anderson
 Young Adult



Entry Lessons
 Jorja Leap
 Adult



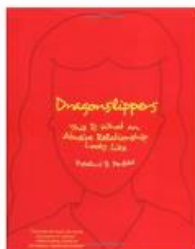
Written on the Body
 Lexie Bean
 Adult



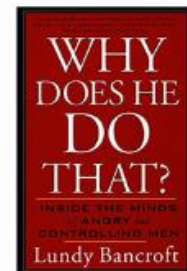
No Visible Bruises
 Rachel Louise Snyder
 Adult



Buried Beneath the Baobab Tree
 Adaobi Tricia Nwaubani
 Adult

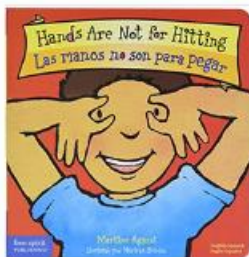


Dragonslippers: This is What an Abusive Relationship Looks Like
 Rosalind B. Penfold
 Adult

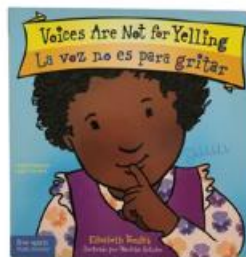


Why Does He Do That?
 Lundy Bancroft
 Adult

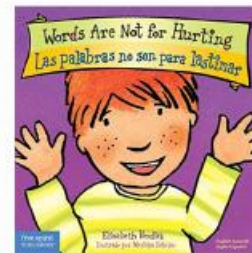
Domestic Violence Action Month October 2023
 Suggested Reading



Hands are not for Hitting
 Martine Agassi
 Children Ages 4+



Voices are not for Yelling
 Elizabeth Verdick
 Children Ages 4+



Words are not for Hurting
 Elizabeth Verdick
 Children Ages 4+



The Road to After
 Rebekah Lowell
 Children ages 8+



The Benefits of Being an Octopus
 Ann Braden
 Children/Young Adult Ages 8+



Breathing Underwater
 Alex Flinn
 Young Adult



Take Me With You When You Go
 David Levitahn & Jennifer Niven
 Young Adult



A Step From Heaven
 An Na
 Young Adult



Furia
 Yamile Saied Mendez
 Young Adult