



children & families of iowa

WITH Domestic Violence Awareness 2025 SURVIVORS, ALWAYS

Domestic Violence Awareness Month

OCT 09 : **Trauma Focused Yoga Session at Children & Families of Iowa**
1111 University Ave., Des Moines | 5:00 PM
All are invited to this restorative yoga session.

OCT 15 : **Self Defense Class at Grand View University**
Speed Lyceum Auditorium, 2811 E. 14th St., Des Moines | 6:30 PM

OCT 16 : **Candle Light Vigil at Polk County's NW Community Center**
5110 Franklin Ave., Des Moines | 7:00 – 8:00 PM

Purple Thursday

This simple act of wearing purple helps raise awareness and lets survivors know they are not alone.

OCT 30 : **The Stories We Carry: How Bias Shapes Our Response with Sufna John, Ph.D.**
Webinar | 12:00 PM | Scan QR code to REGISTER!



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GRAND VIEW
UNIVERSITY

UAMS

Psychiatric
Research Institute

ARBEST

Arkansas Building Effective Services for Trauma

