

# EVENT SCHEDULE

## 10:00 - 3:00 Drop in Counselors Available

Lexington-Fayette Urban County Government Office  
Counselors will be available throughout the day to anyone who may wish to speak with them for any reason.

## 10:00 – 10:30 Tai Chi

Courthouse Plaza

Led by James West

Meditation through intentional body movements and focus on breath

## 10:00 – 11:45 Anita: Speaking Truth to Power\*\*

Kentucky Theater

Discussion moderated by Jennifer Johnson & Taryn Henning

from Ampersand Sexual Violence Resource Center

Film screening and discussion looks at “then and now” response to sexual harassment. This film is not rated.

## 10:15 – 11:15 Message of Hope

Farish Theater

Led by survivors

Through praise and worship these survivors use faith to overcome experiences of violence

## 11:00 - 11:30 & 11:30 - 12:00 Yoga

Courthouse Plaza

Led by Ashley Hinerman of *Balancing in the Bluegrass*

Reconnecting mind and body to facilitate trauma healing

## 11:00-11:30 Peace & Kindness Family Story Time

Central Library, 2nd Floor

Read by Ms. Cheri

Family story time on doing the right thing and being empowered; craft to follow

## 11:30-12:45 Interfaith Discussion

Farish Theater

Moderated by Maria Kenney

Interfaith leaders explore the role of religion in domestic and sexual violence

## 12:00-1:00 Write to Heal Workshop

Central Library, Conference Room A

Led by Elizabeth Beck of Carnegie Center for Literacy and Learning.

Be empowered through writing and use words as a tool to heal trauma

## 12:30 & 1:15 Mecca Dance Studio & Shisha Tribal Belly Dance

Courthouse Plaza & Fountain Park

## 12:30 Take Back the Night March Arrives

Phoenix Park

## 1:00—1:45 Music & Performance

Farish Theater

Original music by Danae Winters and performance by Girl Project

## 1:00 – 1:30 Alpha League

Phoenix Park

Mentored by Christian Adair

Young men talk about positive leadership and share a little about themselves

## 1:15 – 2:30 Walk the Walk\*\*

Central Library, Conference Room A

Moderated by Ampersand Sexual Violence Resource Center

Interactive glimpse into the experiences of those impacted by sexual violence

## 1:30-2:00 & 2:00-2:30 Zumba

Courthouse Plaza

Led by Katie Sanders

Upbeat music and fast-paced movement helps relieve stress and anxiety

## 1:30 Poetry\*\*

Hosted by Kimber Gray from Carnegie Center for Literacy and Learning

Readings by Tina Andry, Jude McPherson, Angel Dye, Leatha Kendrick, Shae Roxx Winters, and Elizabeth Beck

## 2:00 – 3:00 Our Voices\*\*

Farish Theater

Moderated by Taryn Henning of Ampersand Sexual Violence Resource Center

Individuals share how their backgrounds and identities shaped their experiences of domestic and sexual violence

## 2:00 Sora

Esplanade

Contemplate your own creative energy and potential power as you watch this cirque -style entertainment and aerial performance.

## 3:00 - 5:00 Ampersand After Party

Arcadium

Community in this work is important. Join Ampersand Sexual Violence Resource Center for some brews and toast the close of Sexual Assault Awareness & Prevention Month. 21 and up.

**Our aim is to make this event welcoming to all, including children and families. The topics of domestic and sexual violence are inherently personal and discussing them can be emotional, at times graphic, and may be triggering. In the spirit of empowerment, we encourage you to use discretion in determining which events to attend and which to bring children to. You will find notice of mature or graphic content noted in the schedule with asterisks.\*\***

Visit our event evaluation survey at:  
[www.surveymonkey.com/r/ListenUp2018](http://www.surveymonkey.com/r/ListenUp2018)