1 in 3 women and girls experience violence in their lifetime
GO ORANGE to show your support for:

#UniteAndChange

16 Days of Activism against gender-based violence
November 25 to December 10, 2017

Calendar of events
**LOVE BiTES**

**Student art display**

Wednesday, November 22 to Sunday, December 10

The Cube Wodonga, 118 Hovell St, Wodonga

A “clothesline” display of student T-shirt artworks have been produced to promote prevention of violence in relationships. The messages are strong, simple and creative, and have been developed by year 9 students from Wodonga Middle Years College and Tallangatta Secondary College.

**LOVE BiTES**

**Albury Wodonga Community Campaign**

Saturday, November 25 - 9am to 10am

Wodonga

Enquiries Wodonga Police on (02) 6049 2758 or shane.martin@police.vic.gov.au

LOVE BITES is a school-based Family Violence and Sexual Assault Prevention Program, which has been implemented in Albury and Wodonga high schools. As part of the program, students developed artworks that raise awareness of family violence. These artworks will be utilised for the Albury Wodonga LOVE BITES Campaign, which will be displayed on local buses in Wodonga and Albury during the 16 Days of Activism.

**STEP OUT Against Violence Albury Wodonga**

Saturday, November 25 - 4.45pm for march at 5pm. Event concludes 8pm.

Starting at Swift St, Albury (behind Albury Entertainment Centre) finishing QEII Square, Dean St, Albury

Enquiries StepoutAW@outlook.com or Albury Community Health Service on (02) 6058 1800

STEP OUT provides the Albury-Wodonga community a peaceful opportunity to publically say NO to violence. This community event starts with a march from Swift Street behind the Albury Entertainment Centre at 5pm, proceeding along Kiewa and Dean streets to QEII Square for a community celebration until 8pm. The celebration will have information stalls, family-friendly activities, live entertainment and food stalls. Residents, businesses and community organisations are encouraged to come along and join in a show of strength and support for survivors and people living with family violence. Follow us on Facebook for event updates #StepOutAW.

**Emotional Wellness - Key to Happiness**

Sunday, November 26 - 10am to 12.30pm

Sunday, December 3 - 10am to 12.30pm

Sunday, December 10 - 10am to 12.30pm

Felltimber Community Centre, Cnr Melrose Dr and Felltimber Creek Rd, Wodonga

Bookings required on 0400 474 939 or nahvaus@gmail.com

These interactive workshops that aim to teach: self-awareness of positive and negative emotions; how to recognise and interpret the signs and responses arising from the experience of common negative emotions; how to assess the narrative constructs that reinforce a vulnerable sense of self-concept; and how to develop strategies to cultivate emotional wellness.

**The Empathy Project - Art exhibition**

Saturday, December 2 to Saturday, January 27, 2018

Arts Space Wodonga, Cnr Lawrence and Hovell streets, Wodonga

Enquiries: Arts Space Wodonga on (02) 6022 9600

Young students will work with and produce artworks under the guidance of local artist Mary-Rose Riley. Their body of artwork will focus on empathy, identifying emotions and building healthy relationships within their personal networks.

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More than 75 per cent of people in Wodonga said they would act if they saw an incident of violence against a woman.*
‘that girl Wodonga’ information and registration afternoon tea
Saturday, December 2 - 2pm to 3.30pm
Gateway Health, 155 High St, Wodonga
Bookings required 0409 299 371 or tricia.hazeleger@gatewayhealth.org.au
‘that girl Wodonga’ is a community development music video project aimed at preventing violence against women and strengthening vulnerable, diverse migrant communities.
An information session and afternoon tea, will be held for interested participants. All generations of women and their children are welcome. The information session will provide interested people with an understanding of the workshop and Bollywood dance sequence of the Hindi song’s chorus. Everyone will be invited to register for the ‘that girl Wodonga’ workshop (February 17 and 18, 2018) where participants will learn a dance sequence to the song’s ‘Hindi’ chorus that will feature in a film clip celebrating cultural connection and gender equality.

Superheroes Storytime
Monday, December 4 - 10.15am
Wodonga Library, 126 Hovell St, Wodonga
Enquiries: Wodonga Library on (02) 6022 9330
The Wodonga Library, in partnership local preschools, will hold a Storytime that is aimed at challenging gender stereotypes. The stories will be read by local men and women ‘super heroes’ in different careers, who will also talk to the kids about the possibilities when they grow up that challenge job gender stereotypes.

Cycling for Awareness - 16 Hours of Activism
Thursday, December 7 - 5.30am to 9.30pm
Wodonga Sports and Leisure Centre, Hedgerow Crt, Wodonga
Bookings on (02) 6058 2555 for a 10 minute slot.
Cycling for Awareness is a free event that aims to raise awareness and funds to prevent gender-based violence. The event will see an exercise bike continuously cycled for 16 hours at the Wodonga Sports and Leisure Centre. Community members are invited to participate by entering individually or as a team. Participants can book their spots to ride with a minimum of 10-minute time slots to raise awareness. Book your place now.

* Source: Community Indicators Victoria
Calendar of events at a glance

<table>
<thead>
<tr>
<th>Free events</th>
<th>Date and Time</th>
<th>Venue</th>
<th>Enquiries/Bookings</th>
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<td>Students have developed artworks to raise awareness of family violence. These artworks will also be displayed on local buses in Wodonga and Albury.</td>
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<td>Enquiries (02) 6058 1800</td>
<td>STEP OUT is a community march against violence that will raise awareness and empower people to say NO to violence.</td>
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<td>Nurture and Nourish - Women’s Empowerment Workshops</td>
<td>Saturday, November 25 - 10am to 3pm</td>
<td>Felltimber Community Centre, Cnr Melrose Dr and Felltimber Creek Rd, Wodonga</td>
<td>Bookings required 0400 474 939</td>
<td>These workshops will identify and explore the different roles women play in society. Participants will also explore the concerns of women in friendly environment.</td>
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<td>‘Walk in my shoes’ display</td>
<td>Saturday, November 25 to Sunday, December 10</td>
<td>Wodonga Library 126 Hovell St, Wodonga</td>
<td>Enquiries (02) 6022 9330</td>
<td>Survival stories of women who have left violent relationships will be on display. It will acknowledge the courage, strength, bravery and resilience of survivors and enable others to share their journey.</td>
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<td>These interactive workshops aim to teach self-awareness of emotions, how to develop strategies to cultivate emotional wellness and much more.</td>
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<td>Enquiries (02) 6022 9330</td>
<td>Books will be read at Storytime to challenge gender stereotypes and will be read by local men and women “superheroes” who work in a variety of fields.</td>
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<td>She KMF - Women in Sports Forum</td>
<td>Tuesday, December 5 - 5.30pm</td>
<td>The Cube Wodonga 118 Hovell St, Wodonga</td>
<td>Bookings required (02) 6022 9311</td>
<td>The forum is aimed at changing the message and conversation to promote females in sport and will comprise of a panel made up of five local female identities.</td>
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<td>Community Walk Against Family Violence</td>
<td>Wednesday, December 6 - 11am walk, 12pm free barbecue</td>
<td>Starting at St Stephen’s Uniting Church, Wodonga finishing Junction Place, Wodonga</td>
<td>Enquiries (02) 6043 7400</td>
<td>A free event that invites local people to stand together against violence in all forms but especially gender-based violence.</td>
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<td>Bookings on (02) 6058 2555 for a 10 minute slot.</td>
<td>Community members are invited to participate in continuously cycling a bike for 16 hours to raise awareness and funds.</td>
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<td>Enabling Women Leadership Program Graduation Ceremony</td>
<td>Friday, December 8 - 5pm</td>
<td>The Cube Wodonga Courtyard, 118 Hovell St, Wodonga</td>
<td>Bookings required (02) 6022 9343</td>
<td>The eight-week leadership program will culminate with a graduation ceremony. The program aims to empower local women with disabilities and learn information about their rights.</td>
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If you or someone you know needs assistance relating to family violence or to speak to someone in a confidential manner, please call any of the following services: National Sexual Assault and Domestic Violence hotline 1800 RESPECT (1800 015 188) Centre Against Violence (03) 5722 2203 Lifeline 18 11 14