

Thrive!

Picking Up the Pieces

anxiety

fear

guilt

grief

shame

anger

sadness

Thrive!

Picking Up the Pieces

August 22, 2023

Florida Blue
Conference Center

8:00-9:30am

Picking up the pieces

We all experience trauma – and how significant that trauma is depends on a lot of circumstances. Other people can't know how you feel about your own experiences or if they were traumatic for you. What may be traumatic for one person, may not be for another.

Trauma results from experiences or events that leave us feeling frightened and unsafe. It can happen at any age and can potentially cause long-lasting harm.

The Women's Center of Jacksonville witnesses trauma on a daily basis. This could be women going through active treatment for breast cancer; clients working through depression with our mental health counselors; or a person healing from sexual assault.

Trauma is a complex and personal process that may vary depending on the individual and the type of trauma experienced. *Picking Up the Pieces* will provide a glimpse into various traumas, through the lens of trauma survivors. They will share their stories and the tools that helped them to move forward. We'll have professionals on hand to share the skills we can all benefit from when facing traumatic events.

You don't want to miss this inspirational event.



What your support does

THRIVE! 2023 WILL BENEFIT THE WOMEN'S CENTER OF JACKSONVILLE (WCJ).

The WCJ is a community-based resource center that is dedicated to improving the lives of women through advocacy, support and education. And as the only certified rape crisis center for Duval, Nassau and Baker Counties, the WCJ also provides rape recovery services for individuals of all genders.

Services include:

- A 24-hr rape crisis hotline, seven days a week for all survivors of sexual assault, whether or not they report the crime to law enforcement.
- Free of charge sexual assault forensic exams for all survivors of sexual violence, ages 18 and older.
- No cost trauma-informed therapy for all sexual assault survivors and their families.
- Gender specific, trauma informed therapy for women coping with depression, anxiety, stress, grief and PTSD. Services available in-person or via telehealth.
- Education and training of law enforcement, staff at medical facilities and other service-based professionals on trauma-informed response.
- Sexual assault bystander intervention and prevention training on college campuses, in schools and with businesses.
- Specialized support to women living with breast cancer, many without access to health insurance. This includes support groups, access to physicians, and essential financial support to help women in active treatment.
- Education focused on the biology and neurophysiology of trauma. The WCJ has certified Community Resiliency Model® educators who provide individual and group training and support.
- Through community partnership, the WCJ offers literacy support to improve reading, writing, speaking and comprehension skills.

Why support THRIVE! 2023

- You want the lives of women **IMPROVED**.
- You want all women **EMPOWERED** through advocacy, support and education.
- You want all women to have **ACCESS** to the mental health counseling services that they need.
- You want to ensure that all survivors of sexual assault are treated with **COMPASSION** and **RESPECT**.
- You want to help create a **SAFER COMMUNITY** for everyone.



“Thankfully, I found the WCJ. The support I’ve received has simply been a lifeline. I’ll never forget what has happened to me but now I am able to look forward and not let it ruin my future.”

— Tanya, Age 32



THRIVE! 2022 Gold Sponsors

**MICHAEL WARD &
JENNIFER GLOCK**



**MONICA
JACOBY**



**MARY VIRGINIA
TERRY**



**JACKSONVILLE
UNIVERSITY**

Board of Directors

EXECUTIVE COMMITTEE

- President** – Laura Van Zee, *Truist Bank*
1st Vice President – Sharòn Simmons, *Attorney*
2nd Vice President – Chandra Manning, *Jacksonville Speech & Hearing Center*
Secretary – Earlene Schanze, *Retired*
Treasurer – Bob Pinder, *Black Knight*

DIRECTORS

- Alma Ballard, *Family Housing Management*
Barbara Barrett, *Retired*
Michelle Drinks, *UNF*
Lisé Everly, *Retired*
Megan Hayward, *Temporary Assistance Guru*
Sara Meinke, *Baptist Health System*
Kellie Ann Kelleher Smith,
Jewish Federation & Foundation of NE Florida
Jessica Travers, *Littler Mendelson, PC*
Sam Webber, *Farrell International Realty LLC*



5644 Colcord Avenue | Jacksonville, FL 32211
Ph. (904) 722-3000 | TheWCJ.org