



SUARA

Amplifying Voices of API Survivors and Advocates

Practice Highlight: Ways to stay grounded during COVID-19

Get ready

While it may be tempting to just roll out of bed and straight on to the computer for work. Take some time to get ready as if you were going to the office or to a meeting. Even if you are not actually leaving the house, maintaining your daily care and grooming routines can help keep you feeling fresh and focused.

Move regularly

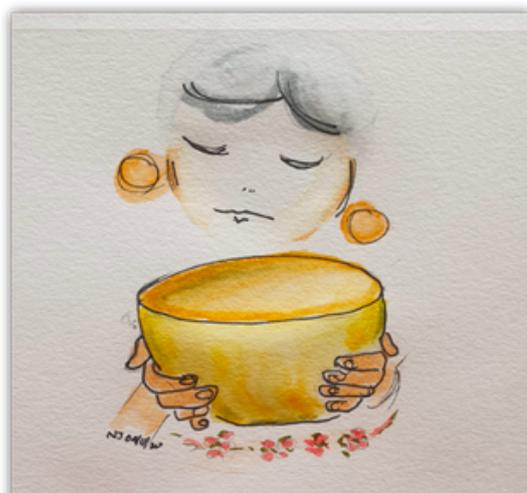
Due to the disruptions in our daily routines caused by the self quarantining that is required due to COVID-19 it is helpful to incorporate moving into our daily schedules. Try to set sometime in between meetings to just stretch, take a walk during the day, or do some home workouts. Physical movement can help to break up some mental stagnation that is happening due to our physical stagnation.

Detox from media

During these times, there is so much happening in the media that is only adding to our mental strains and taking up our brain space. Consider limiting the amount of media you consume or even taking a break from media altogether. We are already in front of our computers all day long for our work so any break we can take from screen time will not only be good for our mental health but our strained eyes will appreciate it too.

Let go of what you cannot control

Lastly, we are in the midst of uncertain times. Recognize and acknowledge that fact and then let it go. Avoid holding on to things we cannot control and letting them weigh us down. Try focusing on things you can control and give gratitude and focus to those things such as our health, loved ones, and spirit.



Organization Highlight: KAN-WIN

This quarter we would like to highlight an incredible organization doing great work for their community.

KAN-WIN is one of the premier agencies in the U.S. with the expertise in serving Asian American & immigrant survivors of gender-based violence. Through a set of intensive wrap-around services, including a multilingual 24-hour hotline, legal advocacy, transitional housing program, etc., They help to address complex and unique barriers that many immigrant survivors face as they seek to escape from abuse. All of their services are free and confidential, and they strive to provide their services in the survivor's own language. Previously, KAN-WIN went by the name of "Korean American Women In Need." In 2013, they decided to go solely by "KAN-WIN" because their clientele became much more diverse since opening their doors. With the name change, they show their commitment to meeting the great diversity of cultural and linguistic needs in the greater Chicagoland area. To learn more about their work or if you're interested in supporting their work please click [here](#).



Book Club

During this time, we know that many of you are working from home or confined in your home which is a great time to catch up on some reading and do some additional learning. Here are some of our recommended books for this quarter:

- Love WITH Accountability: Digging up the Roots of Child Sexual Abuse Edited by Aishah Shahidah Simmons
- Conflict Is Not Abuse: Overstating Harm, Community Responsibility, and the Duty of Repair by Sarah Schulman
- How to Hide an Empire: A History of the Greater United States by Daniel Immerwahr

Technical Assistance

We offer training and technical assistance on culturally relevant services for API communities in mainland United States, Alaska, and U.S. territories in the Pacific to current and potential OVW grantees. Technical Assistance we provide: 40-hour sexual assault training to staff and volunteers; topic-specific training "one-on-one" or "peer-to-peer" consultations regarding sexual assault services to victims/survivors from the API communities. If your organization is interested in receiving training, technical assistance, or if you would like additional information, please reach us at information@napiesv.org

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Upcoming webinars:

We are pleased to be offering an array of webinars in the next quarter. Here are two webinars that are happening very soon. Please keep a look out for additional offerings in the coming months.

NATIONAL ORGANIZATION OF ASIANS & PACIFIC
ISLANDERS ENDING SEXUAL VIOLENCE



Working with Sexual Assault Survivors/Victims from the Asian & Pacific Islander Communities

LEARN MORE ABOUT SEXUAL VIOLENCE IN THE
ASIAN & PACIFIC ISLANDER (API) COMMUNITIES
AND HOW TO PROVIDE SERVICES THAT ARE
ROOTED WITHIN THE API CONTEXT

**WEDNESDAY,
OCTOBER 28TH, 2020
1:00 PM CST TO 2:30 PM CST
VIA ZOOM WEBINAR**

REGISTER IN ADVANCE FOR THIS WEBINAR:

<https://bit.ly/3gSo8Af>

**AFTER REGISTERING, YOU WILL RECEIVE A CONFIRMATION EMAIL
CONTAINING INFORMATION ABOUT JOINING THE WEBINAR.**

**FOR MORE INFORMATION,
CONTACT NAM GIANG AT BAONAM@NAPIESV.ORG**

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**NATIONAL ORGANIZATION OF API ENDING SEXUAL VIOLENCE
+ MONSOON ASIANS & PACIFIC ISLANDERS IN SOLIDARITY**

Online Victim Services: Culturally-Specific Practices

**What do Culturally-Specific Online Victim Services look like?
Learn how to provide culturally-specific online victim services
within the API context.**

WEDNESDAY, NOVEMBER 4TH, 2020

2:00 PM EST

1:00 PM CST

12:00 PM MST

11:00 PM PST

Register in advance for this webinar:

<https://bit.ly/33t2fCR>

**After registering, you will receive a confirmation email containing information
about joining the webinar.**

**for more information, contact Nam Giang at
baonam@napiessv.org**

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Bersama-sama Project

In Conversation and In Sisterhood with Moro People's CORE

In this episode, we are in conversation with Moro People's CORE or MoroPCORE, a Mindanao-based organization that NAPIESV is supporting under our Bersama-sama Project. Moro People's Community Organization for Reform and Empowerment is a non-profit organization working for community empowerment and peace through education, organization and mobilization. Its mission is to reach out, educate, organize and mobilize the community for empowerment. It believes that through grassroots efforts, a genuine peace can be realized through dialogue, mediation, negotiation, consultation and meaningful talks.

Let's get to know our sister organization and check out the interview with Zaynab Ampatuan and Ivy Ampatuan. To listen to this podcast click [here](#).

