

NOVEMBER 25 - DECEMBER 10

**16 DAYS OF ACTIVISM AGAINST
GENDER-BASED VIOLENCE**



**Comox Valley
Transition Society**

LEARN MORE:

**comoxvalleyarts.com/16days
cvts.ca/16days**

CV/ARTS

The 16 Days of Activism against Gender-Based Violence, begins on the International Day for the Elimination of Violence against Women on November 25 and ends on International Human Rights Day on December 10.

For 30 years, this has been a time to increase awareness about the disproportionate levels of violence faced by women and girls across the entire spectrum of communities from marginalized to "mainstream". There is no group that is not impacted by this reality.

IT'S TIME FOR IT TO STOP.

The Comox Valley Transition Society and Comox Valley Arts invite you to participate in our community stitch project during the annual 16 Days of Activism Against Gender-based Violence global campaign.

This project aims to raise awareness and creatively engage all community members to reflect on how gender-based violence impacts their community and ways they can commit to helping end it.

GENDER-BASED VIOLENCE:

We all have a role to play in creating safe homes, schools, workplaces, and communities. Now, more than ever, collective action against gender-based violence is needed, as we navigate the evolving COVID-19 crisis.

The COVID-19 pandemic has highlighted gaps in the very systems designed to keep people safe. It has created unprecedented challenges for those experiencing gender-based violence and the organizations that provide supports and services to them.

Be sure to follow the social media campaign on the Comox Valley Transition Society's Facebook page starting on November 25 for daily posts about gender-based violence and resources.

Check this website for more details about the Slow Stitching project and how you can participate in stitching, reflection and healing in your own ways: comoxvalleyarts.com/16days



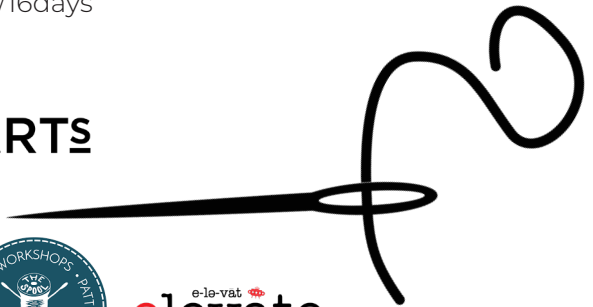
CV/ARTS



Merville
Grand Mothers



e·l·e·v·a·t·e



CREATIVITY, STITCHING & WELLNESS:

The community stitch project is an opportunity to explore the healing/therapeutic benefits of creativity, particularly hand stitching which can offer a quiet pause for us to slow down in an increasingly fast-paced and complicated world.

Whether you choose to stitch alone or with others, the meditative/relaxing qualities of hand stitching with different colors of threads and fabric offer an opportunity to be creative without judgement or needing to know what the finished piece “has to” look like.

Reflection, Processing, Healing

While stitching, we encourage you to reflect on the theme of gender-based violence, why you think its important to raise awareness about it and what things, big and small, you can do everyday to help combat it.

Reflecting allows us to work on our beliefs and assumptions and to develop our learning. It also helps us challenge our fears about dealing with sensitive topics in open and honest ways. By accepting the awkwardness around not bringing them up in ‘polite society’, we can become passive bystanders of violence and injustice.

Having boldly vulnerable conversations with ourselves through reflective thinking is often the first step towards feeling more comfortable and courageous about discussing them with others.

What’s most important is that you feel welcome to join the community project, feel connected to the issue and to others who want to express their acknowledgement of it through the participation of this community art project.

It’s also about “women’s work”

Part of this project is about honoring the tradition/history of stitching/textiles as dominated by women but also acknowledging the exploitation of women in the industrial production of textiles.

HOW TO PARTICIPATE

Stitch kits are free and include all the necessary supplies to stitch a square either by using a template provided or with your own design. No previous experience or skills are required and there is no “right” or “wrong” way to stitch your square.

Kits will be distributed downtown during Moonlight & Magic on November 19, and then will also be available for pickup between November 24-December 4.

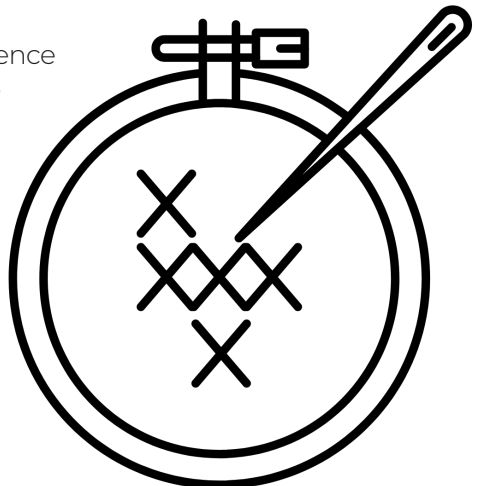
Kits can be picked up at the following locations:

- Comox Valley Transition Society office (625 England Ave)
- Too Good To Be Threw Thrift Store locations (239 Puntledge Rd & 456 5th St)
- VI library branches in Comox, Courtenay & Cumberland
- The Spool Sewing Studio (420 Fitzgerald Ave)

IDEAS FOR REFLECTION:

The following list is just a list of suggested prompts to help facilitate your reflections. It is not necessarily a complete list and is not a required activity... but you may find it helpful.

- Gender identity
- Patriarchy
- Gender norms
- Feminism
- Interpersonal gender-based violence
- Systemic gender-based violence
- Individual solutions
- Collective solutions



Stitch Groups and other activities during the Campaign (at the time of printing this page!)

- **Tues Nov 30th**
(7-9pm) @ The Spool Sewing Studio
- **Sat Dec 4th**
(2-4pm) @ Courtenay branch of VI Library
- **Tues Dec 7th**
(7-9pm) @ The Spool Sewing Studio

Create your own stitch group! This is a wonderful way to be with friends, family, even co-workers. It's can also be a deeply personal journey you may wish to do on your own.

If you wish to, please share your stitching progress and ideas and tag #cv16days and/or any of the orgs involved in the campaign.

Be sure to follow CVTS on facebook to learn more about Gender-Based Violence and how you can participate in eliminating it in your own circle.

Follow CV/Arts for more on stitching project activities, as they are announced.

WHAT DOES GBV LOOK LIKE?

Gender-Based Violence includes any act of violence or abuse that can result in physical, sexual or psychological harm or suffering.

Examples of forms of violence and abuse include:

- physical violence;
- sexual violence (including child sexual abuse, sexual harassment and sexual exploitation);
- emotional and psychological violence (including threats, humiliation, manipulation and intimidation);
- harassment;
- online violence/technology-facilitated violence;
- financial abuse & control tactics; and
- structural/systemic violence.

It is the types of abuse that women, girls, and Two Spirit, trans and non-binary people are at highest risk of experiencing. Many forms of this abuse are against the law.

AVAILABLE FREE CRISIS SUPPORT AND RESOURCES IN THE COMOX VALLEY

- CV Nursing Centre One-Stop Drop In
615 10th Street, 250-331-8502
The 2nd Friday of each month
1pm–4pm.
Connect with food, shelter, advocacy & health care.
- Crisis Intervention Nurse
1-888-494-3888
Access through Crisis line – for everyone. M–F 8am–6pm. Sat & Sun 9:30am–6pm
- Vancouver Island Crisis Line
1-888-494-3888
Support for everyone, suicide assessment and access to Crisis Intervention Nurse.
Crisis Chat - 6pm–10pm daily
www.vicrisis.ca
Crisis Text 6 pm–10 pm daily
250-800-3806
- CV RCMP Victim Services
250-334-5979
Support, referral, information for victims of crime and trauma.
- Community-based Victim Services
- Information, community referrals, emotional, practical and court support to victims, their families and witnesses for children, youth & adults
250-338-7575
- CV Understanding Men
615 10th St, 250-331-8502
One to one support available for men. Drop in M & F 1–4pm
- Help Line for Children (24 hours) 250-310-1234
For children and youth who feel they are in danger.
- Sexual Abuse Intervention Program
Treatment and/or support services to children and youth who have been sexually abused, and to children under the age of 12 with sexual acting out behaviours
250-338-7575
- Stopping the Violence Counselling for Women Program
Counselling for women including trans women and gender non-binary persons who have previously or are now experiencing forms of abuse
250-897-0511
- PEACE Program
Support for children, youth and caregivers who have experienced family violence
250-897-0511
- Lilli House (24 hours)
250-338-1227
Crisis line for women in abusive situations. Transition House for women and children who are fleeing abuse to come for safety and support
- RCMP 250-338-1321
- Emergency 911
- Victim LINK (24 hours) 1-800-563-0808 Help and information for victims of family sexual violence and other crimes

STITCHING DESIGN IDEAS

stop gender based



violence



GENDER BASED
VIOLENCE

stop
gender
based
violence



stop
gender based
violence

No is a complete sentence.

#endgbv

#getconsent

#16daysofactivism

#ENOUGHISENOUGH

#genderequality

#breakthesilence

#imasurvivor

#itsneverok

