

DVAM DAILY ACTIVITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Download the DVAM Guide & Share this calendar	2 Wear a purple ribbon all month to show your support for ending violence 40 HR Training	3 Subscribe to receive MMC's Newsletter at mmcenter.org Fresno State S.A.F.E. Group	4 Share Emergency Alert System Test Information (2:20 PM) Reedley College Healthy Relationships	5 Talk to someone about what safety planning is Fresno City College Healthy Relationships	6 Last day to order an MMC Wear Purple Shirt Share the MMC Wish List	7 Share ways that DV can affect teenagers in their future relationships
8 Self-Care Day: Do something to take care of yourself and invite someone else to do the same	9 Support MMC all year long - set up a recurring monthly donation of any amount	10 Share a Survivor Story video from the MMC YouTube page Fresno State S.A.F.E. Group	11 Last day to get tickets to Top Ten Event Reedley College Healthy Relationships	12 Parlier Unified Parent Presentation Fresno City College Healthy Relationships	13 Check in with a teenager in your life and talk to them about healthy relationships	14 Check in with at least 3 women
15 Check in with at least 4 men	16 Pick a new book to read on the subject of DV. Need a suggestion? Crazy Love	17 Remind 4 people to wear purple on Thursday Fresno State S.A.F.E. Group	18 MMC Top Ten Event! Reedley College Healthy Relationships	19 Purple Thursday! Reedley Prayer Vigil Fresno City College Healthy Relationships	20 Organize a moment of silence in honor of victims/survivors Selma Neighborhood Resource Presentation	21 Purchase and donate a Halloween costume for MMC kids
22 Offer words of encouragement on social media for victims to seek help or talk to someone they trust	23 Ask if your employer(s) have a domestic violence policy; if not, encourage them to create one	24 Share the MMC 24/7 hotline number Fresno State S.A.F.E. Group	25 Donate to MMC at mmcenter.org Reedley College Healthy Relationships	26 #Makeup Free For MMC Fresno City College Healthy Relationships	27 Red Flag Friday: Share some warning signs of an unhealthy relationship	28 Research if your child's school has a policy on teen dating violence and write a letter to your principal or school Board
29 Check in with a friend who might be struggling. Offer to bring them a meal.	30 Share information about MMC's new Community Resource Center that's needed for our community	31 Share something new you learned this month about DV Fresno State S.A.F.E. Group				

24/7 CONFIDENTIAL HOTLINE:
559.233.HELP 4357
help@mmcenter.org

WEBSITE:
mmcenter.org



NOTE: This calendar ONLY includes activities that are exclusive to Domestic Violence Awareness Month. It does not include our normal supportive services such as our weekly Legal Options Class, S.A.F.E. group, DV Support Group and more. To learn more about these, visit our website or call our 24/7 hotline listed above.