



MOSAIC GEORGIA

SAFETY | HEALTH | JUSTICE

Tesserae

{ 'te-sə-rē, plural noun, the small pieces used to build a mosaic }

Mosaic Georgia Newsletter | March 2023



Mayra Paradas: Life is a Dance

An interview with Dance Teacher Mayra Paradas and Ashia Gallo, MPA, Wholeness Collective Coordinator

This March we celebrate women who have made their mark in history. We also recognize the everyday heroes among us today who are leading and inspiring with grace, courage, and wisdom.

Mayra Paradas is the passionate, bilingual dance teacher and personal trainer who has brought new and fun ways to heal to Mosaic Georgia's Wholeness Collective. For Women's History Month, we are [proud to feature Mayra](#) and capture her thoughts on womanhood, making a living while prioritizing your dreams, and advice she'd give to women and survivors of trauma.

[READ MORE...](#)

IN THIS ISSUE

The Big Picture

*Celebrating Women
Through the Art of Dance*

Connecting the Pieces

*Sexual Abuse &
Disabilities: Myths &
Realities*

Building the Mosaic

*Reclaiming Safety Through
Counseling*

Mosaic in Action

*Spreading the word at the
PADV Summit &*

*Congresswoman Lucy
McBath visits Mosaic*

Faces of Mosaic Georgia

*Meet Mari, Danna, Melissa
and Rachel*

Upcoming Events

*See what's happening this
month at Mosaic*

“ In 2022, approximately
**15% of the clients
served at Mosaic Georgia
had one or more
disabilities.**

*While so many people with
disabilities experience some form
of sexual abuse in their lifetime,*

**only 3% of sexual
abuses are ever
reported.** ”

Marina Sampanes Peed, Executive Director, Mosaic Georgia

SPECIAL FEATURE: Someone's Gotta Say It

A Word from our Executive Director Marina Sampanes Peed

Join the Mosaic Conversation
**March is National
Disability Awareness
Month**

Our work brings tough topics to the surface...the things no one wants to talk about.

Marina, our Executive Director, speaks honestly and candidly about the topic of sexual violence among the disabled population, bringing our awareness to the importance of advocacy for those among us who are most vulnerable.

*What are some ways that **you** can honor the unique experiences of disabled peoples in your everyday life?*

Join the conversation and share your answers with us on social media.



Sexual Abuse & Disabilities: Myths & Realities

by Marina Sampanes Peed, Executive Director

March is Disabilities Awareness Month, so it is a good time to [dispel some myths](#) and talk about how sexual abuse harms many of our most vulnerable kids, friends and neighbors.

While so many people with disabilities experience some form of sexual abuse in their lifetime, only 3% of sexual abuses are ever reported. In 2022, approximately 15% of the clients we served at Mosaic Georgia had one or more disabilities

This month [Marina talks about myths surrounding sexual harms](#) against people with disabilities and shares some of the lesser known realities of this work.

[READ MORE...](#)

Building the Mosaic Trauma-focused Counseling



Reclaiming Safety Through Counseling

by Kendall Wolz, Mental Health & Wellness Manager

In November 2022, Mosaic Georgia [relaunched on-site counseling services](#) for individuals and families who have experienced sexual violence. We are grateful to offer this service to continue the healing journey for those who seek care at Mosaic. Our unique, talented, and passionate staff provide individual, family, and group therapy.

Our team is ready to patiently and compassionately walk alongside individuals and families after the trauma of sexual violence. We truly understand the challenges this type of trauma brings and how it impacts lives daily.

Using trauma-focused interventions, we assist you in **reclaiming *safety*, rebuilding *health*, and experiencing *justice*** through healing.

[LEARN MORE about Our Counseling Program](#)

Mosaic in Action



We joined The Partnership Against Domestic Violence (PADV) for their 12th Annual Teen Summit in Gwinnett during February's **Teen Dating**

Faces of Mosaic



2022 was a year of much growth for Mosaic Georgia, including some very talented staff we are grateful to have as part of our accomplished team.

Violence Awareness month. One in 3 teens experiences verbal, emotional, physical, or sexual abuse from a dating partner. PADV and Mosaic are committed to shining light on this crisis and educating teens about prevention.

[Learn more about PADV...](#)

[Meet Mari, Rachel, Danna and Melissa](#), and learn who loves true crime books, mountain biking, softball and whose essay is a published work in their university's literary magazine!

[Learn more about our staff...](#)

US Representative Lucy McBath Visits Mosaic's Resilience Center



[Congresswoman Lucy McBath](#) recently visited our Duluth Resilience Center and [Rainbow Village](#), met our dedicated, hardworking staff and learned firsthand about the Mosaic Georgia mission and our work that's so important here in her Gwinnett County district.

Congresswoman McBath listened to our stories of working with survivors, learned about the history and the need that Mosaic serves in the community and saw firsthand the programs and facilities

we have to help survivors of sexual abuse, assault and trafficking. Her reason for becoming a Congresswoman - tragically losing her son to violent gun crime - gives her a shared perspective into how much work we all have to do to face violent crimes and fight for health and justice. Thank you to Congresswoman McBath for spending time with Mosaic and for the hard work she does for our shared mission and our community.

Photo left to right, Randy Redner, Chief Strategy and Philanthropy Officer, Rainbow Village; Lindsay Ferreira, Deputy Director, Mosaic Georgia; Marina Peed, Executive Director, Mosaic Georgia; Congresswoman Lucy McBath; Melanie Conner, CEO Rainbow Village; and Juan Mejia, Mosaic Georgia Board Member

Upcoming Events

Mosaic in the Community

Spring to Life Annual Assembly

Mosaic Georgia will join the expo at this vocation-strengthening spiritual assembly.

Saturday March 25, 2023 • Mosaic expo table 10am-4pm

Cristo Rey Jesuit High School, 222 Piedmont Ave NE in Atlanta

[Register for free here...](#)

Medical Trainings for Nurses and Healthcare Professionals

PRO/SANE Monthly Peer Review Sessions for Forensic Medical Exams (FME)

SANE moderated peer reviews to foster shared learning and skill building.

Dates and times variable.

[Register here...](#)

SANE Success Institute

A private, supportive online gathering place for SANE medical professionals and leaders.

[Request to join...](#)

Wholeness Collective Class Offerings

Move through it while you [Baile con Mayra](#) this **Saturday March 11th at 10am!**

Or join a Finding Hope support group, yoga class, or sound healing, offered as part of our new trauma-informed wellness program. View our [class series](#) and other events.

Retreats for Survivors

Saprea's ongoing [Haven Retreats](#) are a free, clinically informed four-day experience followed by a self-guided online course for adult women who were sexually abused at or before age 18 for survivors in North Georgia.

[Learn more...](#)

How You Can Help!

Your donation is the most powerful way you can help Mosaic Georgia to empower those who have been impacted by sexual violence and abuse. Our services are always **free of charge** to those we help, but we can only do that with **your** help.

Donate to Mosaic Georgia today!

Mosaic Georgia, Inc. is a private, nonprofit corporation that is a Children's Advocacy Center and Sexual Assault Center that strives for and demands safety, health and justice for children and adults victimized by sexual abuse, assault and trafficking. Donations are tax-deductible EIN: 58-1762829.

Find us online at MosaicGa.org

