



MOSAIC
GEORGIA

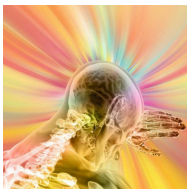
Tesserae: August 2023

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

The Big Picture: What You Like to Read!



Here are the top 5 articles of 2023 (so far) that we think you'll enjoy reading (again!):



1. [Trauma and the Brain: A Look at How Traumatic Events Shape Memory and Perception](#)

Traumatic memories get stuck in the emotional memory rather than reaching the area of the brain that records details – the when, what and where of an event. [Read more](#) to understand why trauma survivors are often met with judgement and disbelief after disclosing abuse.

2. [Sexual Abuse & Disabilities: Myths & Realities](#)

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Nueva oferta! Únete a nuestra primera clase hoy!

Join the Team

Bilingual Advocacy Specialist



In 2022, approximately 15% of the clients we served at Mosaic Georgia had one or more disabilities. Executive Director Marina Sampanes Peed shares the [myths](#) as well the facts that shed light on the true [realities](#) of this complex issue.



3. [Reclaiming Safety Through Counseling](#)

Our team of compassionate counselors is ready to patiently [walk alongside](#) individuals and families through the upheaval caused by sexual violence. Using trauma-focused interventions, we assist in reclaiming safety, rebuilding health, and experiencing justice through healing.



4. [Life is a Dance: An Interview with Mayra Paradas](#)

When asked what she loves about being a woman, Mayra Paradas responds "How we can be nurturing and strong at the same time..." [Become inspired](#) by this passionate, bi-lingual dance teacher and personal trainer who has brought new & fun ways to heal to Mosaic Georgia's Wholeness Collective!



5. [Kevin McNeil: Daring Men to Ditch the Mask](#)

"You are human before you are male". Our interview with Kevin McNeil is full of the insight, knowledge and wisdom harvested through his years as a survivor, detective, author, speaker and mentor. [Broaden your view](#) on sexual violence as Kevin describes the unique struggles of male trauma survivors.

Linking the Pieces: Partnering with Endeavor Yoga



Endeavor Yoga + Pilates Donation Drive

It's a win win! Yoga for you...support for us.

We're joining forces with Endeavor Yoga + Pilates to further our intention to help survivors heal with FREE Yoga, Pilates and Barre.

Head to the EYP studio on **Saturday, August 19th** from 9am to 12pm.

Classes are free. All we ask in return is your generous support through financial and/or in-kind donations.

[Sign Up or Donate!](#)

Parts of the Whole:
Mosaic in Action

Internal Pieces:
Faces of Mosaic



A Creative Healing Space

The [Wholeness Collective](#) has been partnering with R2ISE for an exciting new adult workshop series, blending art and recovery.

During our first two workshops, participants embarked on a beautiful journey of creative expression through drumming and painting, to help move through barriers and heal the past.

Take a look as these new found [drummers vibe in unison!](#)

[Register for the Aug 13th Workshop](#)

[Register for the Aug 27th Workshops](#)



Meet the Admin Team!

Vanessa • Brian • Danny

It takes an array of roles and talented folks to make our powerful engine go at Mosaic Georgia. Each one is significant. Vanessa is the first voice our clients may hear when they contact the center, Brian seamlessly handles our ever-so- critical technology needs, and Danny serves our clients with care and compassion during intake. We are grateful for the warmth, individuality, and savvy they bring to our [team!](#)

[Read some 'Fun Facts' about this Admin team, and meet others on the Mosaic Georgia staff](#)

Building Connection: Upcoming Events



[Latin American Association Health Expo](#) 8/19 @ 9am-3pm

[Endeavor Yoga + Pilates Donation Drive](#) 8/19 @ 9am

[Hybrid 40-hour Didactic SANE Training](#)
Starting October 16th

Wholeness Collective Offerings:
[Hiking Club](#)
8/20 & 9/17 @ 10am

[Finding Hope Support Group](#)
8/14 & 8/28 @ 6pm

[Spanish Finding Hope Support Group](#)
8/10 & 8/24 @ 6pm

Find Full Description of
Events Here!

[R2ise Adult Art + Recovery
Workshops](#)

8/13 & 8/27 @ 10am



Mosaic Ga Grupo de Apoyo para Mujeres

¿Se está recuperando del trauma de la violencia sexual?
Ahora estamos ofreciendo un grupo de apoyo en persona.

Únete a nuestra clase! • Jueves Agosto 10 @ 6pm

Spanish Finding Hope Support Group

Are you healing from the trauma of sexual violence?
Mosaic Georgia is now offering an in-person support group for Spanish-speaking survivors.

Join Our Class! • Thursday August 10th @ 6pm

[Sign Up / Register!](#)

Join the Mosaic Georgia Team:

Bilingual Advocacy Specialist

Read the full [job description](#) and [apply here](#).

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 mosaicgeorgia.org



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