

# Tesserae: September 2023

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

## Save the Date for the 4th Annual Mosaic Masterpieces!





## Save the Date for our Annual Masterpieces Happy Hour!

Mark your calendars for Thursday November 2nd, 2023!

This year our gathering spot for a night of artistic fun and honoring survivors will be the beautiful Lawrenceville Arts Center. Celebrate with music, tasty bites & beverages, lively company and of course, our signature art auction! Ticket purchase info coming soon. Please join us November 2nd!

### Calling All Local Artists!

Mosaic Masterpieces is about celebrating creative expression and healing through artistry. We love to collaborate with local artists! If you feel called to contribute one of your painted canvases (for a split if sold), please contact Lindsay at <a href="mailto:lindsaywf@mosaicga.org">lindsaywf@mosaicga.org</a>

The Big Picture: Sexual Assault and Suicide

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### The Big Picture

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National Suicide Prevention Month: Examining the Impact of Sexual Violence on Mental Health

"I feel hopeless."

It is common for therapists to hear phrases like these when sitting with clients in the aftermath of sexual violence. The phrases reveal the depth of the pain that sexual trauma creates.

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**Upcoming Events** 

Join us for the Dash 4 Domestic Violence 5k on October 7th. View other happenings this month.

Join the Team
Bilingual Advocacy Specialist
position open

## Connecting the Pieces: Toxic Wellness

## Toxic Wellness? How Mosaic Georgia's Wellness Program Breaks Stereotypes

WELLNESS falls among the countless misused (and misunderstood) 'buzz words' in our culture slowly losing their meaning. In a climate of extremes where you're either a 'narcissist' or a 'spiritual guru', it became essential for Mosaic Georgia to do wellness thoughtfully when its <a href="https://www.wholeness.collective">Wholeness Collective</a> programming launched in 2022.

With its allure of holistic health and

<sup>&</sup>quot;I just don't know how I can continue with this pain."

<sup>&</sup>quot;Sometimes I think dying is the only way."

<sup>&</sup>quot;I don't really want to die, but I think about it all the time."



enlightenment, the wellness industry has captivated the masses seeking healing and a better quality of life. But beneath the glossy exterior lies a disturbing reality – the toxic underbelly of the wellness industry.

What exactly is toxic wellness? And how does Mosaic Georgia work to combat these stereotypes? Continue reading

# **The Wholeness Collective Corner**



Our trauma-informed healing and wellness program is designed for adult and youth survivors of sexual assault and domestic violence. Tap into the mind-body connection to cultivate growth and resilience!

## Finding Hope Support Group

• Monday 9/11 & Monday 9/25 @ 6pm

### Spanish Online Finding Hope Support Group

• Thursday 9/14 @ 6pm

### **Hiking Club**

• Sunday 9/17 & Sunday 9/24 @ 10am

View Details on our Upcoming Events Page

Parts of the Whole: Mosaic in Action

Internal Pieces: Faces of Mosaic



We're bursting with MOXIE!

These three incredible women have shown that magical combo of spunk, heart, and grit. Congrats to Mosaic finalists Mairah, Sara and Jessica -- all nominated for 2023 Gwinnett Chamber Moxie Awards, honoring women professionals!

Community innovators Sara and Jessica were finalists in the 'On the Rise' category while Mairah's selfless service earned her a finalist spot in 'Pay It Forward'.

Check out more of our team at the Moxie Awards!



Meet Our Mosaic Marketing Duo!

Susan & Amanda (from left to right)

This May we welcomed Susan as our full time marketing specialist. She wow'd us during her Georgia Gwinnett College senior year spring internship and is now working as a team alongside marketing consultant Amanda to bring Mosaic's social media and email marketing to life!

Read some Fun Facts about our Marketing duo and meet others on the Mosaic Georgia staff

# For Medical Professionals



## 40 Hour Didactic Hybrid Adolescent & Adult SANE/SAFE Training

Sexual Assault Nurse Examiners practice in the unique space where healthcare meets criminal investigation. Learn from qualified faculty to navigate this delicate overlap and become a SANE.

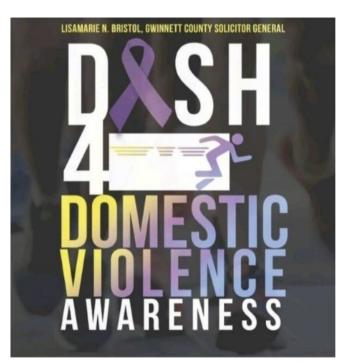
Oct 16-18 and Oct 23-24
Deadline to Apply is September 18th!

View Details or Sign Up

#### And that's not all...

Online PRO/SANE Peer Review sessions are offered monthly and our SANE Community Support Network provides extensive resources for SAC leaders.

## **Building Connection: Upcoming Events**



Hispanic Heritage Celebration 9/16 @ 2pm

Guide to Wellness Fair 9/16 @ 10am

### <u>Dash 4 Domestic Violence</u> <u>Awareness 5k Oct 7th</u>

Dust your tennis shoes off and join us at this inaugural run/walk event, hosted by the Gwinnett Solicitor's Office. Your support directly benefits Mosaic Georgia!

Date & Time: 10/7/23 @ 8am

Location: Alexander Park in

Lawrenceville

View All Upcoming Events!

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







Mosaic Georgia | PO Box 1329, Duluth, GA 30096

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