

## Community Awareness Activities

Here are some of the many community activities organized to promote awareness of domestic abuse and Spruce Run services and to foster healthy relationships:

- **Empire Beauty School Cuts Out Domestic Violence** - In honor of Domestic Violence Awareness Month, Empire Beauty School—formerly known as Pierre’s—hosts Cut Out Domestic Violence events, donating all proceeds from hair-cuts to Spruce Run and passing out information to community participants.
- **The Body Shop-** Local Body Shop Consultants hosted a spa night, selling their quality products with all proceeds benefiting Spruce Run.
- **Hair Shack Cut-A-Thon-** The Hair Shack on the Moosehead Trail in Newport sponsored a Cut-a-Thon to raise funds for Spruce Run and promote awareness. Stylists sold purple ribbon pins and accepted donations for the cause while providing a first rate cut and style.
- In May, students at Somerset Valley Middle School and Nokomis High School participate in a **Walk-a-Thon** in honor of a classmate slain in a domestic violence homicide.
- **Maine Bound Cross Country Ski Race** Women of all ages and abilities come together for this 5k cross-country ski race, and donations are accepted to benefit Spruce Run & other organizations.
- The **Penobscot Indian Nation Walk for a Healthy Community** is a cooperative effort by Indian Health Services, Penobscot Nation Boys and Girls Club, PN police department, PN Department of Human Services, and Spruce Run to promote a healthy community and healthy lifestyles. It is held in August and drew more than 200 participants in 2008.
- **The Vagina Monologues** This award-winning play by Eve Ensler, is performed internationally around Valentine’s Day to raise awareness of violence against women.
- And, many local organizations invite us to display information and/or participate in a variety of **health and safety fairs** and events around Penobscot County throughout the year.

### What you can do...

Take a look at the domestic abuse displays in your local library in October.

Submit an editorial to your local paper about how domestic violence affects the community.

Post Spruce Run outreach materials in your workplace, church, or business. Call 945-5102 for materials, or order them online....

Organize a vigil in your community in support of domestic violence survivors.

See if your workplace has a domestic violence policy. If not, suggest that one be instituted.

Sponsor a Spruce Run Table at your event or community gathering.

*Please consider starting or getting involved in one of these activities, or contact us at 207-945-5102 with your idea to raise awareness.*