



Summer 2024

gcadvocates.org

Newsletter

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Functional Freeze Response to Trauma

You've heard of fight, flight, or freeze, but have you heard the term functional freeze before? Your body and brain are infamous for self preservation and protecting itself, especially after a traumatic or stressful event. Some of our clients have described this type of response where there is a disconnect between how you outwardly appear to be doing and what internally is occurring. This could present to others as completing day to day tasks, socializing, and engaging as usual, but internally, you are numb, tired, and just going through the motions and surviving. Think operating on auto pilot.

If you are recognizing that you're stuffing your emotions down, some techniques to try are reconnecting by going outside, moving your body, meditation or breathing exercises. Grounding techniques that connect you to your surroundings may also help you get to feeling whole again.

If self regulation is not improving symptoms, you may want to consider speaking to a professional therapist who can help guide you through the process of reengaging your system.

Sources: <https://khironclinics.com/>, <https://rootrisetherapyla.com/>

If you would like to be added to the e-newsletter list, please email us at info@gcadvocates.org

Follow us on Social Media:



Grand County Advocates for a Violence-Free Community



@grand_county_advocates_co



Show Recommendation

Based on a true story that lead actor, Richard Gadd, personally experienced, "Baby Reindeer" (TV-MA) is a retelling of how his kindness towards another person turned into obsession, stalking, and harassment. While the show is fictionalized in some aspects, the sexual abuse and stalking of a male victim is true.

Baby Reindeer began streaming on Netflix mid April. The seven episode series portrays hard topics like sexual abuse and stalking and viewers should be aware before diving into the show.



Call for Volunteers!

We are searching for Taste of Spring helpers! Shifts range from set up, to event assistance, to clean up. This is also a great opportunity for high schoolers looking to complete community service hours! If you are interested in volunteering, visit the link below for open shifts or contact info@gcadvocates.org to discuss what our needs are.



<https://www.signupgenius.com/go/10C0948ADAC22A0FCCF8-48917070-2024>

Congratulations to Our Scholarship Recipients!

Each year, Grand County Advocates awards two scholarships to high school seniors who will be pursuing post graduate education. For this year's essay, we asked students to answer how they feel social media has heightened teen dating violence and how would they help another student if they found they were in an abusive relationship.

We genuinely appreciate every student who took the time to write a response. We use their thoughts and ideas to formulate classroom discussions for the following year.

The names of the recipients will be announced at the Middle Park Scholarship night on May 16th and the West Grand Scholarship night on May 21st.



Happenings

Find us at these upcoming events!

May 11: 7:30a- 11:30a Granby Health Fair

June 8: 5:30p-9p Taste of Spring at Headwater's Center

Grand County Advocates' largest fundraiser is coming up quick! Visit auctria.events/TOS2024 to purchase tickets or to participate in the silent auction.

Ticket Levels:

Individual Ticket- \$90 per person includes one ticket to the event

Vendor Supporter- \$230 includes two tickets to the event, your name or logo in the event brochure, your name or logo on the event slideshow, and recognition as a food vendor supporter

Table Sponsor- \$1,000 includes ten tickets to the event, a reserved table for you and your guests, swag bag, floral table centerpiece to take at the end of the night, your name or logo in the event brochure, your name or logo in the event slideshow

July 6 & 7: Alpine Art Affair at Rendezvous Event Center, Winter Park

July 18: 6p-8p High Note Thursdays at Rendezvous Event Center, Winter Park

August 1: 5:30p-8:30p Music and Market at Polhamus Park, Granby

Headwaters Center
Saturday, June 8th 2024
5:30pm-9:00pm

2024 Taste of Spring

Join the Grand County Advocates for a wonderful evening of food, beer, wine tasting, 50/50 raffle, silent auction, live auction, and live music.



Scan to purchase tickets or
[visit www.gcadvocates.org](http://www.gcadvocates.org)



Event proceeds go towards our mission to end domestic and sexual violence in the Grand County community. We provide extensive victim support services, information, prevention education, and community awareness.