

# ASK US ABOUT OK

The Monthly AmI OK Program Newsletter



## A SNAPSHOT OF THE MONTH

*Katie Faure*

Happy spring, everyone! We hope you've been enjoying the beautiful weather we've had lately. One of the highlights of this last month was our Art of Healing event, during which students participated in a "pass the painting" activity. In addition, the AmI OK team held another meeting of the Racial Trauma Workshop Series on March 3. Just like last time, this workshop generated very important conversations. Overall, March was another successful month for AmI OK, and we look forward to holding more events in April!

### WHAT'S INSIDE THIS ISSUE:

- Monthly Overview - 1
- Heal with Painting - 2
- Meet the Vounteers- 3
- Creating Safe Spaces - 4
- Data and Insights - 5
- Upcoming Events - 6

AmI OK Hotline: 609-270-4524

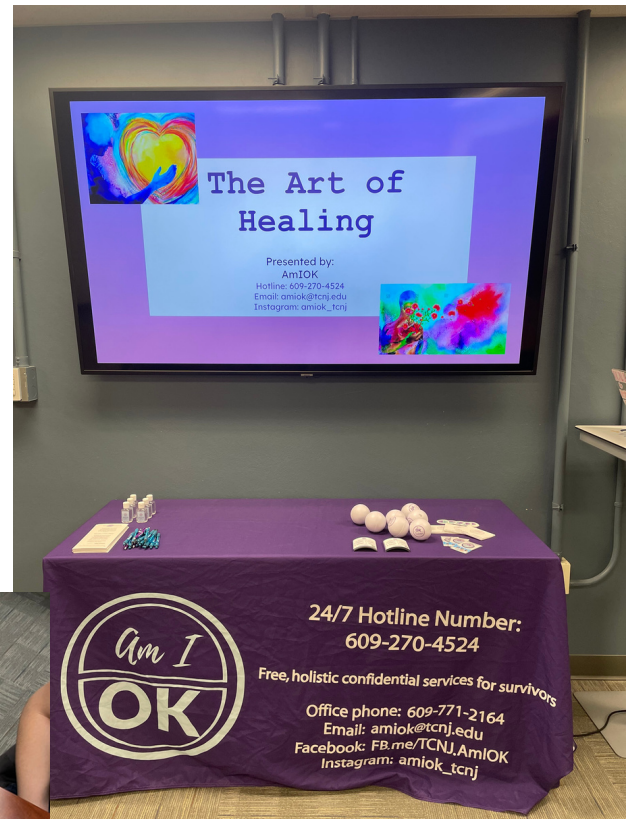
IG: @amiok\_tcnj

Email: [amiok@tcnj.edu](mailto:amiok@tcnj.edu)

Website: [ciw.tcnj.edu/amiok](http://ciw.tcnj.edu/amiok)

# HEAL WITH PAINTING

## AMIOK'S ART OF HEALING



We invited whoever wanted to join us at the Recreational Center to heal with painting. The individuals were provided with canvases, paint, and brushes to complete their masterpiece. To keep everyone involved, we did our presentation in the middle of the event. This way people were able to interact with our discussion as well as paint. Instead of passing the painting, we let everyone's creativity run wild to create their own vision. It was very calmed and an enjoyed activity, it allows you to focus more on the painting than anything else!

# MEET THE VOLUNTEERS

I am a junior psychology major following a pre-med track. Outside of school, I enjoy baking, behind-the-scenes theater work and creating things in general!

I joined AmIOK primarily to have access to more consistent opportunities to volunteer, particularly opportunities that would allow me to positively impact our campus community. Additionally, the trauma-informed training and services that AmIOK provides seemed like an invaluable chance to develop skills that I can use in everyday life, as well as in my future career.

In AmIOK, I do my best to contribute to creating a more trauma-informed campus through activities like writing for our newsletter and participating in tabling events. Last, but certainly not least, I am learning to facilitate AmIOK's Peer2Peer Support Group, which is a weekly support offering available to all students!

## AMBASSADOR

Emily Reeves





# CREATING SAFE-SPACES

## PEER2PEER DROP IN HOURS

Jovitha James

Every Wednesday the Peer 2 Peer team holds support groups where different topics related to healing and wellbeing are discussed, and alongside there are some selfcare and other relaxing activities done. These support groups are facilitated by trauma-trained AmI OK volunteers and these support groups are meant to provide and promote to students a supportive and safe space for healing and developing resiliency. Some of the different topics that have been discussed in the support groups are Adverse Childhood Experiences, Setting Boundaries, Reaching Out For Help, and many more. These take place every Wednesday from 2 - 3 PM in room 109 of the Education building, and any student is more than welcome to just walk in and join the group!



# UPCOMING EVENTS BULLETIN



## RACIAL TRAUMA WORKSHOP SERIES

AmIOK is hosting its monthly workshop series supporting and educating students about the effects of racial trauma. This program is 100% student-made and facilitated in an effort to promote a safe space for healing at TCNJ.

Join us in the Intercultural Center (Roscoe West 201) on April 7th (04/07/23) to discuss "Generational Effects of Racism" from 1pm-2pm!



For more information, contact  
Sadhvi Mohankumar at  
mohanks1@tcnj.edu

# SEE YOU IN APRIL!

Presented by Anti-Violence Initiatives

## DAY TO END RAPE CULTURE

**Tuesday, April 4th,  
2023 @ 10AM-2PM.**  
DERC will be happening all over campus including Alumni Grove, BSC, the Library, and more

Rape culture simply means a society that permits, excuses, and/or encourages sexual violence. A society that perpetuates rape culture often does so through societal beliefs and values, as well as cultural norms and trends.

**Day to End Rape Culture** is an expo style event that seeks to engage students, faculty, and staff in interactive exhibits and build their skills to recognize and address rape culture in their daily lives. Each exhibit has been created by a TCNJ community member. We all have a part to play to end the violence. *What will you do?*

**Thanks To Our Cosponsors**

School of Business, Sociology & Anthropology Dept., Grad Counseling Dept., Public Health Dept., Planned Parenthood Action Fund (PPAF), Accessibility Resource Center (ARC), AmIOK, Student Health Services, Title IX, Campus Police, Collegiate Recovery Program (CRC), The CARES SHOP, Counseling and Preventative Services (CAPS), Student Government, Womanspace, Faculty Senate, Alpha Epsilon Pi, Athletics Dept., Health Promotions

The College of New Jersey.  
Anti-Violence Initiatives.  
856-2571  
tcnj.edu

**AVI**



**TCNJ  
THRIVE  
THE WELLNESS EXPO**

**APRIL  
12TH**  
11 AM TO 2 PM

**OVER 30 TABLE VENDORS...**

- \*Varied Health & Wellness activities
- \*Chair massages & movie in Roscoe ICC
- \*Therapy Dogs on Green Lawn
- \*Miniature Horse on Social Science Lawn
- \*Fresh fruit and Bubly giveaway
- \*Resources, give-aways and raffle prizes!
- \*Rain Location - Recreation Center

FOLLOW ON INSTAGRAM FOR MORE INFO @TCNJ\_HWPE OR  
EMAIL HARRISN@TCNJ.EDU

# DATA AND INSIGHTS

## GROWING OUR PLATFORM



### in March 2023....

Current IG Followers: 1,198

Accounts Reached: 811

Most reached post: 507

Profile Visits: 186

Volunteers: 27

Total Volunteer Hours: 46.75

Current FB Likes: 15

Current FB Follows: 17

Current Tiktok Likes: 2212

Current Tiktok Followers: 177

