



CARDV News

Center Against Rape and Domestic Violence

40 years of service in Linn and Benton counties

March 2021

CARDV stands in solidarity with and support of the OSU's Survivor Advocacy and Resource Center, as stated in their open letter to Survivors, "We are committed to creating a campus environment where survivors are supported and where your voices are heard..." We are committed to these principles as well.

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MARCH

Block 15 People's Pint Benefit
(month of March)

APRIL

2 Towns Ciderhouse April Beneficiary
(month of April)

MAY

May 7, 8 & 9 - CARDV's 19th Annual Run
(Virtual)

[For more events, visit cardv.org/events](https://cardv.org/events)

Women's History Month



March is Women's History Month. This year, the National Women's History Alliance has chosen the theme "Valiant Women of the Vote: Refusing to Be Silenced," celebrating the suffrage centennial festivities that were scheduled for 2020 but were postponed.

Locally, we work with **valiant people** who refuse to be silenced every day. We believe that centering survivors' stories, voices, and choices are vital tools to create a more equitable community that can rise against gendered-violence.

We also take this moment to acknowledge the often silenced voices of **LGBTQ+, Black, Indigenous, Women of Color and Women with disabilities** who have fought for our rights.

For more information about our Equity, Diversity and Inclusion initiatives, please contact info@cardv.org.

The (Virtual) Race is On



Get your running shoes ready! Registration is now open for **CARDV's 19th Annual Virtual Run/Walk** happening **Friday, May 7th - Sunday, May 9th**. We're encouraging households, friend groups, and workplace teams to **safely** join us in this event! Gather your quarantine crew and run or walk a 5k at your convenience in a location of your choosing, and upload your time to **RunSignUp**. Get a **free t-shirt** when you register before April 9th.

[Register Now](#)

For more information, visit cardv.org/events or contact Events Coordinator at janique.crenshaw@cardv.org.

Did you know...

The first official rape crisis hotline in the US opened in 1972 in St. Paul, Minnesota. CARDV's hotline was started in 1977 by a group of volunteers who called their organization the Corvallis Women Against Rape. The phone number has remained the same for 44 years: 541-754-0110



In 2020 Advocates answered 4500 calls, spending over 90,000 minutes talking with those in need of assistance. They helped over 560 people create and implement a safety plan.

Health & Wellness

From the Wellness Center...

We encourage our team to practice self-care as often as possible. Taking care of the body can help ease the mind. Here are a few good habits we share with our team to help them perform their work.

Sleep – Schedule time in our life for sleep, it affects your mood and concentration.

Hydration – Start today by simply adding just one extra glass of water a day.

Nutrition – Eat plenty of fruits and vegetables. Maintain good portion control. Try this delicious [shamrock shake](#).

Exercise – Move more! Park further away. Take standing breaks. Dance in your kitchen! Progress – not perfection!

For more tips from the Wellness Center, please contact info@cardv.org.



You can help survivors!

[Donate now](#)

CARDV's Mission

- To provide services and support to those affected by sexual and domestic violence and,

- To provide education and leadership within the community to change the societal conditions that cultivate these forms of violence.

Center Against Rape and Domestic Violence | P.O. Box 914, Corvallis, OR 97339 | cardv.org

