

Your
Path to a
Healthy Life!

Healthy LifeStyle Publication

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"KNOW THE ONE ABOUT
THE BANKER WHO INVESTED
EVERYTHING ON BALLPLAYERS?"



John Conway at First National knew that sports are a great way to keep children away from drugs. He believed that kids in his town would really benefit if they had new ballfields. Working through the coordination of the Eastlake Community Coalition, his bank and many other businesses in the community came together and got it done. Now all the hard work is paying off because the kids are playing ball instead of playing around with drugs.

It's funny what happens when we all work together. Communities become a better place for everyone, especially our children. Community coalitions work to bring other community groups together. And getting involved is not hard at all. Just contact www.helpyourcommunity.org or 1-877-KIDS-313. They'll tell you exactly how your group can help. You'll be surprised at what you have to offer. And how much you can accomplish.

You get MORE WHEN you get together.

Say OXI to Domestic Violence: Hellenic Foundation launches DV Awareness Campaign

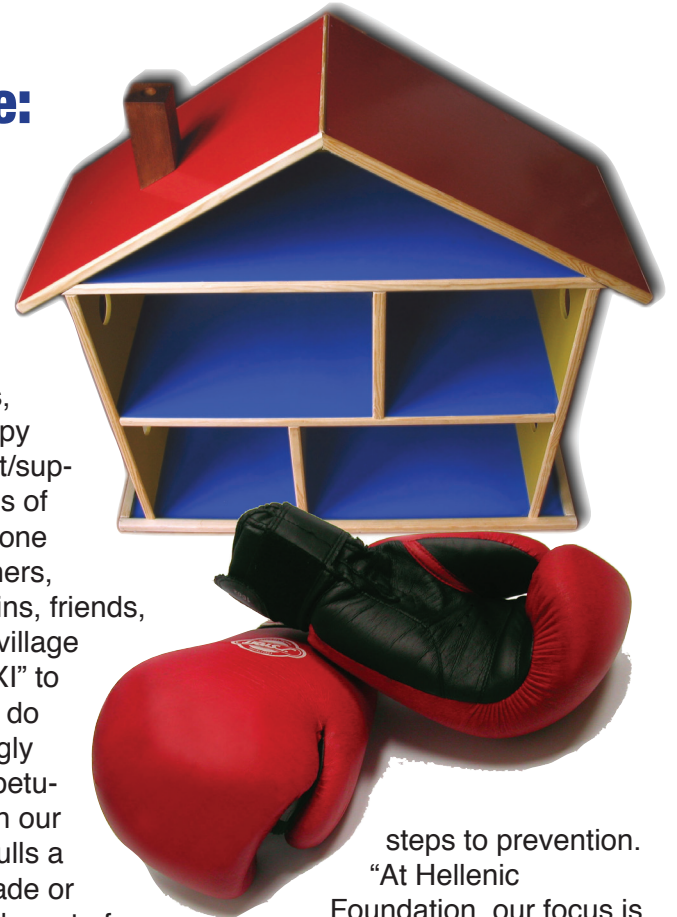
OXI (pronounced ohi) is the Greek word for "no." If Christina Sofiakis, LCSW, Hellenic Foundation's Executive & Clinical Director, has anything to say about it, soon all of Chicagoland will know the meaning of the word "OXI" and saying "OXI" to Domestic Violence will be a household mantra. When we are children, our parents teach us that no means no, and expect us to listen. At Hellenic Foundation, we want all to know that "OXI" means no, especially when it comes to domestic violence. Hellenic Foundation is preparing to launch this awareness campaign the month of October, which is the National Awareness Month for Domestic Violence.

"At the risk of sounding cliché, the Greeks invented the word 'no,'" Sofiakis chuckles. In 1940, the Greeks asserted their independence, rejecting an ultimatum demanding the occupation of Greek territory and thus marking the beginning of World War II in the Balkans, by saying "no." This declaration is celebrated and honored every October 28th and is known as "OXI Day" in the Greek Community.

Our campaign will include a kick off symposium in October and then an array of services to help and support all age groups, gender and all levels of need. This will include educational groups and seminars regarding healthy relationships for boys and girls, men and women. Also, support groups for those who find themselves

in these unhealthy relationships, as well as therapy groups, individual psychotherapy and case management/support services for victims of abuse. We want everyone involved: mothers, fathers, brothers, sisters, cousins, friends, co-workers. It takes a village to step up and say "OXI" to such a toxic cycle. We do not realize the seemingly innocent ways we perpetuate abusive behavior in our society. When a boy pulls a girl's hair in the 3rd grade or knocks her school books out of her hands in 5th grade, parents may respond by dismissing the behavior as "boys will be boys" or "he is doing that because he likes you." Our Domestic Violence campaign will educate the community on more self-honoring responses and take a zero tolerance stance on disrespectful behavior.

Sofiakis, who took on the role as executive & clinical director in September of 2009, has a background in women's issues, particularly, helping women navigate through issues around self-esteem and self-respect. Sofiakis has counseled women for over 15 years and has assisted women in recovery and women who have been victims of physical, emotional and/or sexual abuse. Sofiakis brings her philosophy to Hellenic Foundation, supervising a team of therapists and staff who also believe that education and awareness are the first



steps to prevention.
"At Hellenic

Foundation, our focus is on educating and supporting individuals throughout their life span ... and because life does not come with a 'how to' manual, many of us do not know the ingredients of a healthy relationship. We tend to exist, blindly accepting behavior that does not honor us." The education has to touch everyone. It is not enough to teach adolescent girls what the signs of an abusive relationship are. We need to show them what a healthy relationship looks like. We also need to reach out to boys and young men as well. In addition, we need to have a zero tolerance for verbal and emotionally abusive behavior, and to broaden our definition of abuse. We encourage women who have been abused to speak openly about their experience in order to erase the stigma associated with this mistreatment.

We are finding that abuse, when it exists, does not discriminate at any stage in the life cycle. We are seeing an increase of abusive behavior among our teens in their dating relationships, and among our seniors, as well. Hellenic Foundation's programs will involve support, education and intervention for individuals of all ages. We assist individuals on this journey, particularly when it comes to relationships. Hellenic Foundation's mission supports the Socratic philosophy of "To know thyself." Stopping the cycle of abuse and replacing it with a healthy approach begins with building a healthy relationship with one's self. Only then can one engage in relationship with another that perpetuates and upholds this healthy, self-honoring mentality.

When the Greeks said "OXI" to oppression in 1940, they left a mark in history that inspires us all. Sofiakis wants to remind us that you do not have to be Greek to say "OXI" and to break the cycle of oppression and abuse.

To learn more about the "Say OXI to Domestic Violence Campaign" or to get involved as a volunteer, please visit us at www.hellenic-foundation.org/OXI.

GET  **walk a mile
in her shoes.**
PUMPED.



An International Walk To
End Violence Against Women

Presented by the
White Ribbon Campaign
whiteribbon.ca

September 29, 2011
Yonge-Dundas Square
12pm - 2pm

Event Date:
SEPTEMBER 29
REGISTER EARLY!
WalkAMileToronto.org

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