

Hi Folks,

I thought to share some news & helpful resources with everyone...as always, please feel free to share with your friends and colleagues...because as we know – “Silence Is The Abuser’s Friend”...I first heard that statement back in 1993 when I learned of the NH Incest Center and then became involved by serving on the Board of Directors and also helping out in the office and with their conferences. It was truly an eye-opener and I developed some great friendships, not too mention the fact of how I was inspired and motivated from hearing the President of the Board, Sherry Young in her advocacy of speaking out at events and to all the different news media. Well...here I am many years later presenting at different events & conferences throughout the country and my motivation and inspiration is enhanced by all of those I have come to know and to see and hear in their own respective advocacy endeavors. I am saddened for the reasons we all came to know one another, but truly inspired by all that you do.

I leave for Los Angeles, CA tomorrow morning to present my story of “Triumph Over Tragedy” to the annual CASRA Conference [see enclosed attachment] and thought to also share this quote with you. Truth be told, it is very hard to speak at these events and share the things that have impacted and hurt you so deeply, but...this quote sums up why so many of us do what we do.

“When we speak we are afraid our words will not be heard or welcomed. But when we are silent, we are still afraid. So it is better to speak.” – Audre Lorde

take care, Mike

Please do visit these websites and learn what they have to share – I heard Ann Jennings present recently at the NYAPRS Conference and words fail me to adequately express the sorrow I felt for her loss and also the anger I have at those who would not listen to her daughter and how she was mistreated so horribly....

www.annafoundation.org - *The Anna Institute celebrates and honors the life of Anna Caroline*

Jennings, by using her artwork and life experience to educate others on the hidden epidemic of childhood sexual abuse, its horrific impacts on individuals and society, and paths to prevention or healing.

I read Opal’s book and really liked her down to earth approach that she uses and her philosophical thoughts on trauma and healing, and to gain a new friend and fellow advocate is always a nice thing.

www.darkwaterripping.com. - *Dark Water Stress After Trauma*

"This book is about healing from posttraumatic stress, or PTSD. It is about how posttraumatic stress can feel and about how you can approach healing. It is not a template for healing as that is best done with professional help, and healing is very individual anyway. This book is meant to lend a hand and to offer understanding during difficult times. It helps to organize thoughts and feelings and mentions symptoms, how they might feel, and how they might occur. It approaches posttraumatic stress as an injury that has happened to the whole being that is you." – OPAL ROSE

Chrys is not only an incredible advocate, but she is also a very gifted musician [singer/songwriter/guitarist/drummer] and a dear friend....

Greetings!

Our first snow is falling as I send you this Fall Newsletter from the Building Connections Project. I hope it finds you well and warm as winter creeps in sooner than the past few years...though two days ago you'd never know it.

Attached are two versions of the same newsletter so whatever is easier for you to open, please do. Thanks in advance for sharing this brief publication with your colleagues and associates.

Enjoy the seasonal changes~
Chrys

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