



# SURVIVORS UPLIFT VERMONT



- Work with survivors across the state to create a violence-free VT
- Learn how to use your story as a force for positive change
- Become part of a growing community and movement of motivated, passionate survivors

By joining Survivors Uplift Vermont, you are joining a growing community of survivors who have pledged to actively engage in learning and leadership to foster a violence-free Vermont. As survivors, our voices are louder and more powerful when we work together. When survivors share their stories with their communities, it fosters positive change and improves lives.

## HOW TO ENGAGE

### 1. Learning

Join us for *free* virtual and in-person trainings designed to support survivors in crafting their story to create change. Trainings are held throughout the year on a variety of topics including how to share your story, how to pass town resolutions, and how to create legislative change.

### 2. Join a Community

Join our community of motivated survivors who are passionate about using their voices to make lasting change. Survivors have called this group a “sacred hearts club,” a place where you can just be yourself and you don’t have to explain or make excuses. We get it. We are survivors, too.

- Email Kelli for a code to access the private Facebook group: [kelli@vermontnetwork.org](mailto:kelli@vermontnetwork.org)
- Quarterly in-person gatherings happen across the state. Sign up online for our mailing list for more info and to be the first to know! [vtnetwork.org/uplift](http://vtnetwork.org/uplift)

### 3. Create Change

Use your voice to create a violence-free culture by advocating for changes at the town or state level. Options include:

- Volunteering at local events to spread the word about the Uplift Campaign
- Writing a Letter to the Editor or other op-ed for your local news outlets
- Using our toolkit to pass a town resolution in your community
- Working with the Network policy team to pass statewide legislation



Uplift Vermont is a grassroots community campaign of survivors, allies and business leaders who are dedicated to promoting awareness about the impact of violence in our communities. Our goal is to support and train community members to create change through storytelling, outreach, public speaking, and advocacy.

[vtnetwork.org/survivors-uplift](http://vtnetwork.org/survivors-uplift)

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