

# **Standing with Hope and Rising Together:**

## ***Child Abuse Prevention Seminar***

**Saturday, Feb. 17**

**10:30 a.m.-noon • 26 Founders**

MAC is honored to host exceptional young gymnasts from around the globe this weekend. Inspiring them to greater heights of athletic achievement and sportsmanship is of paramount importance. In light of the recent scandal involving USA Gymnastics, it is the club's hope that they also leave feeling educated and empowered – to speak up, support one another, ask questions, and access any necessary resources.

From 10:30 a.m.-noon Saturday, Feb. 17, MAC hosts "Standing with Hope and Rising Together," a workshop facilitated by Sally Blackwood, LPC, a CARES Northwest Prevention Educator. This workshop is intended for adults and older teens.

Blackwood has been working with traumatized children since 1990, and spent nearly a decade with Multnomah County's Family Sex Abuse Treatment Team. The workshop will address concerns, offer recommendations for resources, and allow time for sharing and empathy through discussions about common reactions and questions. Attendees can expect to feel heard, and empowered, to take the next steps to help gymnastics move forward and keep all athletes safe in their clubs, when competing and during medical treatment. Later in the afternoon, Blackwood hosts a resource table, where individuals can ask questions or express concerns.



Multnomah Athletic Club