

ENOUGH is ENOUGH campaign to stem societal violence

April 4 - 8, 2016

WEEK LONG EVENTS

Brick Walls of Violence

Take a moment to tell your story of how you or someone you know has been affected by violence.

8:00 AM - 5:00 PM
Campus Wide Event

Anti-Violence through ART

Students from AAD 260 created pieces of art that visually depict acts of violence in today's world.

8:00 AM - 5:00 PM
Atrium

Human Trafficking

Rochester Regional Coalition Against Human Trafficking art exhibit on the impact of human trafficking.

8:00 AM - 5:00 PM
Forum 3-130

Shoes of the Victims/13 Stories

Take some time to reflect upon the victims of violence in this unique display of shoes and their stories

8:00 AM - 5:00 PM
Terrace

Offensive Clothing Display

Come see a display of real pieces of clothing that were sold in retail stores and on the internet. Are you offended? Tell us your opinion.

8:00 AM - 5:00 PM
Outside GYM Lobby, Bldg. 10

Rochester Regional Coalition Against Human Trafficking

Tabling on sex trafficking and the impact on our community.

9:00 AM - 5:00 PM
Forum 3-130



Monday, April 4

Kick-Off Performance with PUSH Physical Theater

A physical "dance" about violence. Unparalleled performers bring the narratives of our lives to the stage with hope and optimism.

12:00 PM - 1:00 PM
Atrium

Meditation

A guided meditation for relaxation. This event will help you learn to reduce stress through meditation practices.

12:00 PM - 1:00 PM
9-152

Workshop: The Danger of a Single Story

Show how stereotyping and a single story can lead to misunderstanding and violence.

2:00 PM - 3:00 PM
3-115

Rochester Regional Coalition Against Human Trafficking "Angels of Mercy"

Presenters Lauren VanCott and MaryJo Colligan.

3:00 PM
Forum 3-130

Enough is Enough:

Take a stand to be in the mix!

Pledge walls in the residence halls for students to sign stating they will not participate in sexual violence.

Anyone signing will receive a Twix.

8:00 AM - 11:00 PM

Pioneer/Alexander/Tribune/Canal Lobbies

Don't be MAD: March Madness with First Year Experience

Come watch the championship game as we debrief about violence in sports. FREE FOOD!

7:00 PM

Canal Hall Conference Room

Tuesday, April 5

These Hands Don't Hurt Pledge

Come take the Pledge that you will not participate in sexual violence.

12:00 PM - 1:00 PM

Main Dining/Brick Lounge/N. Atrium/Bldg. 10

Self Defense Program With Chris Otero

Learn how violence can be stopped and how you can protect yourself in an interactive way.

12:00 PM - 1:00 PM

Main Dining

Get Active, Not Physical

Faculty, staff and students are welcome to get active and learn ways to positively cope with anxiety and stress!

2:00 PM - 4:00 PM

Gym/Racquet Ball Courts

Why I stayed and Why I left

Ever wonder why some people stay in an abusive relationship? Here are some true confessions of why people stay and why they leave.

2:00 PM - 4:00 PM

Outside of the Gym

Campus Violence Pool Tournament

With MCC Public Safety

8:00 pm

Tribune Hall

Come and compete in a pool tournament and test your knowledge of different types of violence and community resources.



Wednesday, April 6

"Boost your Ego"

Empowering others through sense of Style, Safety and Self. Students of SHEAR EGO International School of Hair Design will do make-overs FOR FREE, Come get mini manicures, make-up tips and MORE! Don't miss this!

10:00 AM - 3:00 PM

Terrace/Atrium

These Hands Don't Hurt Pledge

Come take the Pledge that you will not participate in sexual violence.

12:00 PM - 1:00 PM

Main Dining/Brick Lounge/N. Atrium/Bldg. 10

Restore - Where Healing Begins

Rochester based agency will be here to hand out information on domestic violence and how to get help.

12:00 PM - 1:00 PM

Atrium

Relationship Violence; Recognizing the Signs

A tabling program presentation with Highland Family Planning.

12:00 PM - 1:00 PM

Brick Lounge

Pillowcases for PEACE w/Psych Club

Create a pillowcase for the women and children that call the Sojourner House home. Words of inspiration, hope and love can change lives.

12:00 PM - 2:00 PM

Brick Lounge

Great Dates and Plates

Panel discussion about domestic violence and garbage plates.

7:00 PM

Canal Conference Room



Thursday, April 7

"CommUNITY" Beats of PEACE Celebration

Bringing people together around positive and upbeat music is sure to foster a sense of peace and unity on campus. Join us and WMCC The Pulse while we celebrate 50 ways that MCC is a safe place and give thanks to all those who work here!

There WILL be cake!

11:30 AM - 1:30 PM

Atrium

MCC Smiles Table 😊

Smile buttons and magnets to keep MCC positive!

12:00 PM - 1:00 PM

Gilman Lounge

Restore - Where Healing Begins

Rochester based agency will be here to hand out information on domestic violence and how to get help.

12:00 PM - 1:00 PM

Atrium

Blue Light Bingo - Win Groceries!

Play bingo and learn campus safety tips.

8:00 PM

Tribune Hall

Friday, April 8

Meditation

A guided meditation for relaxation. This event will help you learn to reduce stress through meditation practices.

12:00 PM - 1:00 PM

9-152

QiGong

A guided meditation for relaxation. This event will help you learn to reduce stress through meditation practices.

1:00 PM - 2:00 PM

9-152