

April is Sexual Assault Awareness Month (SAAM) and we at the White Oak Vet Center are hoping you can join us for some community wide events to bring awareness and highlight the good work going on all around us. The first of these events is being hosted online on Tuesday April 28<sup>th</sup> at 1200. Please visit [www.metoomst.com](http://www.metoomst.com) and/or check out the flier below for details on how to join this event virtually.

**NOT ALL WOUNDS ARE VISIBLE.**

FEATURING A VETERAN PANEL OF SURVIVORS  
MODERATED BY: ABBIE LIEBERUM & CHRISTIE HUDSON

#metooMST • [WWW.METOOMST.COM](http://WWW.METOOMST.COM)

**FREE VIRTUAL EVENT**  
JOIN URL: [HTTPS://US02WEB.ZOOM.US/J/964642299](https://us02web.zoom.us/j/964642299)  
**28 APRIL 2020**

**FREE • OPEN TO THE PUBLIC**  
PANEL DISCUSSION BEGINS AT NOON  
FOLLOWED BY AUDIENCE Q&A

Two of our readjustment counselors, Christie and Abbie will be part of the conversation on April 28<sup>th</sup>. We hope you all can join us.



Christie Hudson, LCSW, MSW, MPA



Abbie Lieberum, MSSA, LCSW

In addition to the event on 4/28 the Vet Centers offer lifelong services to those who have experienced MST. Please give us a call if you have questions or check out [https://www.vetcenter.va.gov/Military\\_Sexual\\_Trauma.asp](https://www.vetcenter.va.gov/Military_Sexual_Trauma.asp) for information.

Military sexual trauma, or MST, is a term used by the Department of Veterans Affairs (VA) to refer to sexual assault or sexual harassment experienced during military service. Service members of every era, branch, gender, and sexual identity have survived MST. The experience can affect survivors' [physical and mental health](#), sometimes even many years after the incident, leading to depression, sleep issues, anger, and isolation, among other challenges.

[You can make a difference for MST survivors by delivering the message, “You’re not alone!”](#)

