Impact & Insights

From Awareness to Action



Say Your Name, Inc.

Moving Survivors From Invisible To Visible

Volume 1, Issue 3 | October 2026

Bi-Monthly Newsletter | Survivor Advocacy • Education • Community Engagement

Recognizing Domestic Violence Awareness Month and Breast Cancer Awareness Month

SAY YOUR NAME, INC.

IMPACT & INSIGHTS

From Awareness to Action

"Moving Survivors From Invisible To Visible"

Volume 1, Issue 3 | October 2026

FOUNDER'S OPENING NOTE

Dear friends and supporters,

Welcome to the October issue of Impact & Insights. This month, we recognize Domestic Violence Awareness Month and Breast Cancer Awareness Month, two observances that call communities to respond with education, compassion, and meaningful support.

Our theme, From Awareness to Action, reflects an important truth: awareness opens the door, but action creates change. Survivors need more than recognition. They need trusted pathways, informed communities, responsive systems, and people who are willing to stand beside them with consistency and care.

Since our August issue, Say Your Name, Inc. has continued strengthening its community presence and organizational foundation. We have expanded relationships with local leaders, advanced planning for **Walk A Mile In Her Shoes®: Southern Maryland Mobilization**, improved access to programs and resources through our website, and continued developing education, training, and partnership opportunities.

During Breast Cancer Awareness Month, we also honor those affected by breast cancer and recognize the importance of early detection, trusted information, and compassionate support. October reminds us that individuals and families may carry multiple burdens, and community care must make room for the whole person.

Thank you for continuing this journey with us. Together, we are moving beyond awareness and taking purposeful steps toward safety, dignity, healing, and lasting change.

In Service and Restoration,

Rev. Dr. Sebrenna R. Whitlock, D.Min.
Founder and CEO, Say Your Name, Inc.

QUICK READER OVERVIEW

A snapshot of this issue's progress, purpose, and priorities

In this October issue of Impact & Insights, Say Your Name, Inc. moves From Awareness to Action as we recognize Domestic Violence Awareness Month and Breast Cancer Awareness Month.

Since our August issue, we have strengthened community relationships, expanded public access to our programs and resources, and advanced planning for **Walk A Mile In Her Shoes®: Southern Maryland Mobilization,** scheduled for September 18, 2027.

This issue highlights our participation in Purple Light Nights, growing engagement with local leaders and community partners, continued website improvements, and a recent podcast interview with Stephanie Rolle of the Nonprofit Institute at the College of Southern Maryland.

We also share updates on education and training pathways through Healthy Boundaries and IPV Protocol Training and introduce WITNESS: Woven in Sisterhood, Strengthened by Scripture, a women's Bible study launching **Thursday, November 19, 2026.**

At the heart of this issue is a clear message: awareness matters, but meaningful change requires compassionate, informed, and sustained action.

This Issue's Key Takeaways

- October calls communities to move from awareness into meaningful action.
- Community relationships are opening new pathways for education, advocacy, and survivor support.
- A recent podcast interview created another opportunity to share the mission and work of Say Your Name, Inc.
- Planning continues for the September 18, 2027 Walk A Mile In Her Shoes® event.
- Say Your Name, Inc. is expanding access to training, programs, partnerships, and involvement opportunities.
- Every person and organization has a role in helping create safer, more responsive communities.

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SAFETY NOTE

If you or someone you know is in immediate danger, call 911 if it is safe to do so. For confidential support, the **National Domestic Violence Hotline is available 24/7 at 1-800-799-SAFE (7233), by texting START to 88788, or by visiting thehotline.org.** If it is unsafe to view domestic violence resources on a personal device, consider using a safer device and reviewing online safety steps, because internet and device activity can sometimes be monitored.

PROGRESS & MILESTONES

Purpose Taking Root in the Community

Since our August issue, Say Your Name, Inc. has continued moving forward with purpose. New relationships, stronger community connections, expanded public access, and thoughtful preparation are helping the organization carry its survivor-centered work more deeply into the community.

COMMUNITY CONNECTIONS

Strengthening Community Connections

Our relationship with the **Charles County Sheriff's Office** continues conversations involving victim assistance, public safety, and survivor support. These conversations deepen mutual understanding, strengthen community connections, and help create more informed pathways for survivor support.

REGIONAL MOBILIZATION

Preparing for Regional Mobilization

Planning continues for **Walk A Mile In Her Shoes®: Southern Maryland Mobilization,** scheduled for **Saturday, September 18, 2027**. The Indian Head Rail Trail application is complete, with registration and sponsorship pathways in place.

WITNESS

Introducing WITNESS

On **Thursday**, **November 19, 2026**, we will launch **WITNESS**: **Woven in Sisterhood, Strengthened by Scripture,** a women's Bible study centered on Scripture, reflection, prayer, sisterhood, and spiritual growth.

OUR STORY & PUBLIC ACCESS

Sharing Our Story and Expanding Access

A podcast interview with **Stephanie Rolle** of the **Nonprofit Institute at the College of Southern Maryland** helped share Say Your Name, Inc.'s story and mission with new audiences.

Recent website improvements make survivor-support information, safety resources, programs, training, partnerships, and ways to become involved easier to explore.

Each milestone is a reminder that meaningful progress is built through preparation, trusted relationships, shared learning, and a community willing to move from awareness to action.

PURPLE LIGHT NIGHTS

Lighting the way through awareness, remembrance, and community support.



WHAT IS PURPLE LIGHT NIGHTS?

Purple Light Nights brings communities together during Domestic Violence Awareness Month by illuminating public buildings in purple to honor and remember those affected by domestic violence. The lights serve as a visible reminder that awareness must lead to continued community support and action.

We are sincerely grateful to the Charles County Sheriff's Office for creating space for awareness, remembrance, and connection, and for welcoming Say Your Name, Inc. into this important community gathering.





If you or someone you know is in immediate danger, call 911 if it is safe to do so. For confidential support, the **National Domestic Violence Hotline is available 24/7 at 1-800-799-SAFE (7233), by texting START to 88788, or by visiting thehotline.org**

Connections That Open Doors

Relationships Growing Through Shared Purpose

The Top Ten Community Introduction Initiative was created to do more than deliver information. Its purpose was to begin thoughtful conversations with people and organizations that could help strengthen awareness, informed referrals, and survivor support.

Building on that foundation, Say Your Name, Inc. expanded its outreach to local churches across denominations. Each church received a personalized packet, followed by an electronic copy to encourage continued review and conversation.

That circle of outreach continues to grow as we invite faith communities, public-safety leaders, businesses, civic organizations, and community members to come together in support of **Walk A Mile In Her Shoes®: Southern Maryland Mobilization,** the inaugural Walk A Mile In Her Shoes® event in Southern Maryland.

> "Meaningful community change often begins with one thoughtful introduction and the willingness to continue the conversation."

RELATIONSHIPS WITH PURPOSE

Say Your Name, Inc. is building community relationships with care and intention, honoring the distinct role each church, agency, business, and organization can play. These connections create opportunities for **shared learning, informed referrals, and meaningful participation** without asking any one partner to carry the work alone.

Podcast Spotlight

Sharing the Story: Mission, and Growing Work of Say Your Name, Inc.



During a recent podcast interview with Stephanie Rolle of the Nonprofit Institute at the College of Southern Maryland, Rev. Dr. Sebrenna R. Whitlock shared the story, mission, and growing work of Say Your Name, Inc.

A CONVERSATION WITH PURPOSE

The conversation explored the personal journey that inspired Say Your Name, Inc. and the meaning behind its name: an invitation for survivors to reclaim identity, voice, dignity, and personal agency.

Rev. Dr. Sebrenna Whitlock, D.Min also discussed the complex barriers survivors may face, the importance of responding without judgment, and how Say Your Name, Inc. provides compassionate, survivor-centered support.

The conversation concluded with a focus on how faith communities can respond more safely and compassionate, including the importance of informed leadership, survivor-centered theology, and prepared pathways to support.

Episode release information will be shared when available.

Walk A Mile In Her Shoes®

Southern Maryland Mobilization | September 18, 2027

WALK A MILE
IN HER SHOES

THE MOBILIZATION IS TAKING SHAPE

Planning continues to advance for **Walk A Mile In Her Shoes®: Southern Maryland Mobilization,** with work underway across event logistics, registration, sponsorship, community engagement, and the requirements needed to move the September 2027 mobilization forward responsibly.

But the strength of this Walk will not be measured by planning alone. It will be built by the people and organizations willing to take their place beside survivors and help carry a unified message throughout Southern Maryland.

Survivor safety belongs to all of us.

YOUR INVITATION

Do not wait until September 2027 to become part of the movement.
The Southern Maryland Mobilization is being built now, one relationship, one partnership, one team, and one commitment at a time.

Choose your place. Bring someone with you. Help us build a community that stands together, works together, and walks together.

RELATIONSHIPS THAT MOVE THE MISSION FORWARD

Stronger connections. Wider pathways. A more responsive community.

Survivor-centered work cannot happen in isolation. It grows through relationships built with intention, trust, and a shared commitment to ensuring that survivors can encounter informed, compassionate support wherever they turn.

Since our last issue, Say Your Name, Inc. has continued cultivating relationships across public safety, faith communities, nonprofit leadership, education, and community service. These conversations are creating opportunities to deepen understanding, strengthen connections, expand community education, and introduce more people to the mission.

FROM OUTREACH TO OPPORTUNITY

Recent engagement with the Charles County Sheriff's Office has opened new opportunities for continued dialogue and community connection.

Following that engagement, Say Your Name, Inc. has been invited to speak at the **Charles County Coalition for Victims of Crime** meeting on **November 20**, creating another opportunity to introduce our mission, learn from those serving individuals and families across the community, and strengthen relationships around survivor support.

BUILDING CONNECTIONS WITH PURPOSE

Our outreach continues across sectors because survivors may encounter many different people and institutions while navigating safety, support, healing, and restoration.

For Say Your Name, Inc., relationship-building is not about asking one organization to carry every need. It is about understanding where missions intersect, respecting distinct roles, and strengthening connections between survivors and the people, information, and resources available to support them.

WHY RELATIONSHIPS MATTER

Survivors should not have to navigate complex systems and community resources alone.

Say Your Name, Inc. is working to help make pathways to information and support clearer, more compassionate, and easier to navigate.

When communities know how to connect, survivors have more places to turn.

PROGRAMS & TRAINING

Building Knowledge. Strengthening Response.



Education creates space to learn, reflect, and become better prepared to respond.

HEALTHY BOUNDARIES

Stronger relationships begin with greater understanding.

Healthy Boundaries is a faith-informed personal development program designed to strengthen self-awareness, healthy limits, communication, and relationships.

Through Healthy Boundaries 101 and 201, participants move from foundational principles into practical application across everyday life.

IPV PROTOCOL TRAINING

When someone discloses abuse, how we respond matters.

IPV Protocol Training helps organizations and community leaders strengthen their understanding of intimate partner violence and prepare to respond with greater safety, compassion, and awareness.

The goal is not to make community organizations crisis-response professionals. It is to help people better understand their role and become more prepared when a survivor turns to them.

WHERE DOES YOUR ORGANIZATION FIT?

Education can be an important first step toward healthier relationships and more responsive communities.

Individuals, churches, businesses, civic organizations, and community groups are invited to learn more about Say Your Name, Inc.'s education and training opportunities.

Learn. Prepare. Respond with compassion.

WITNESS BIBLE STUDY

Woven in Sisterhood, Strengthened by Scripture

There is something powerful about women gathering around Scripture with openness, honesty, and a willingness to grow together.

This November, that vision becomes **WITNESS: Woven in Sisterhood, Strengthened by Scripture,** a women's Bible study created as a space for women to deepen their understanding of Scripture, learn from the lives of women in the Bible, and grow through study, reflection, conversation, prayer, and sisterhood.



LEARNING FROM HER STORY

Throughout **WITNESS**, we will spend time with women throughout Scripture, looking beyond familiar names to consider their experiences, choices, faith, courage, struggles, and encounters with God.

Each gathering is an invitation to slow down, open the Word, ask meaningful questions, and consider what these women's stories continue to teach us about our own lives and faith.

GATHER WITH US

Thursday, November 19, 2026
7:00–8:15 p.m.
Doors open at 6:45 p.m.

Daffodil Events
70 Industrial Park Drive, Suite 2A
Waldorf, Maryland

Optional fellowship and prayer will follow from **8:15–8:30 p.m.**

WITNESS will be led by **Rev. Dr. Sebrenna R. Whitlock, D.Min., and Genee Norbert.**

Come with your Bible. Come with your questions. Come ready to learn, grow, and witness what God can reveal when women gather around His Word.

Educational Content

Beyond "Why Didn't They Leave?"

Understanding the realities behind one of the most common questions about domestic abuse.



WHY LEAVING CAN BE COMPLEX

When people learn that someone is experiencing domestic abuse, they may wonder why the survivor does not simply leave. **The reality is far more complex.** Safety, finances, housing, children, isolation, transportation, access to support, emotional attachment, and other circumstances can all influence a survivor's decisions. Leaving can also be a particularly dangerous period when an abusive partner perceives a loss of control. What may look like hesitation from the outside can instead reflect careful decisions about safety, stability, resources, timing, and what happens next.

WHAT WE MAY NOT SEE

Abuse can affect far more than what is visible from the outside.
A survivor may be navigating financial dependence, isolation, concern for children or family, housing insecurity, threats, or fear of retaliation. These realities may not be apparent to friends, relatives, coworkers, faith leaders, or others who want to help.

This is why asking **"Why didn't they leave?"** can unintentionally focus attention on the survivor's decisions rather than the barriers, risks, and abusive behavior shaping those decisions.

CHANGING THE QUESTION

Instead of asking: "Why didn't they leave?" ask: **What might be making safety difficult?"**

Sometimes moving from awareness to action begins by replacing judgment with understanding.

Sources: The National Domestic Violence Hotline; CAWC.

Ways to Get Involved

Every action can help strengthen the path forward.

There Is a Place for You Here

The work of supporting survivors and strengthening our community does not belong to one organization or one group of people. It takes each of us bringing what we have, whether that is our time, resources, relationships, influence, or simply a willingness to open a door.

Together, we can do more than any one of us could do alone.

WALK WITH US

Join individually or form a team for Walk A Mile In Her Shoes": Southern Maryland Mobilization.

VOLUNTEER

Give your time and talents to help strengthen our programs, events, and community outreach.

PARTNER WITH US

Bring your church, business, civic organization, or community network into the work.

GIVE OR SPONSOR

Support the mission through individual giving or corporate sponsorship.

OPEN A DOOR

Introduce Say Your Name, Inc. to someone whose voice, influence, resources, or community connection could help move the mission forward.



A Message From Our Founder

Awareness may have a season. Our commitment to survivors cannot.

As October comes to a close, I find myself reflecting on what it truly means to move **From Awareness to Action.**

Throughout Domestic Violence Awareness Month, communities wear purple, illuminate buildings, share resources, attend events, and create space for conversations that too often remain unspoken. These acts matter. They help bring domestic abuse out of the shadows and remind survivors that they are seen. But when October ends, the need does not.

Survivors continue navigating difficult decisions. Someone may still be quietly wondering whether it is safe to speak. A family may be searching for resources. A faith leader, neighbor, friend, coworker, or community organization may become the first place someone turns for help.

That is why awareness cannot be where our work ends.

For **Say Your Name, Inc.,** moving to action means continuing to build trusted relationships, strengthen education, open pathways to support, and encourage communities to become more prepared to respond with dignity and compassion. It means listening before assuming, believing without judging, and remembering that we do not have to understand every decision a survivor makes to honor their right to safety, agency, and respect.

This issue has reminded me again that meaningful change is not carried by one organization alone. It grows when people are willing to open doors, share resources, learn something new, make an introduction, volunteer, give, speak up, or simply stand beside someone who needs to know they are not alone.

As the purple lights of October begin to dim, **may our commitment to survivors remain visible.**

Thank you for walking with Say Your Name, Inc., for believing in this work, and for helping us build a community where survivors are not defined by what has happened to them, but are met with dignity as they determine what comes next.

Our work continues. And together, so does our movement **From Awareness to Action.**

In Service and Restoration,

Rev. Dr. Sebrenna R. Whitlock, D.Min.
Founder & CEO, Say Your Name, Inc.

Share Our Story

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