



X



X



# 2024 TAKE BACK THE NIGHT

Thursday, April 11th

24 HR HOTLINE: 301-662-8800

Find us online



@heartlyhouse



**TAKE BACK THE NIGHT** is the oldest worldwide movement to stand against sexual violence in all forms. It began in the 1970s with a Tribunal Council meeting in Belgium attended by 2000+ women representing 40+ countries. In 1973, in the United States, a group of women at the University of Southern Florida marched through campus demanding a women's center. In 1975, a large crowd in Philadelphia staged a Take Back the Night event to protest the murder of a microbiologist walking home after work.

These early protests sparked thousands of events on college campuses and in global communities of all sizes — from remote Canadian towns to bustling Calcutta streets, from Ivy Leagues to military bases. Each works to end sexual violence and support survivors.

Heartly House has expanded its Take Back the Night to acknowledge power-based violence against all people. Heartly House recognizes the need for supportive and empowering spaces for survivors of sexual assault, intimate partner violence, and child abuse. Knowing that anyone can be a survivor, regardless of their identity. Being aware of these differences is one of the many steps it takes to help all survivors, not only a select few.

If you are a survivor here tonight, we thank you for your vulnerability and courage. Know you are not alone and we are here to take back the night with you.

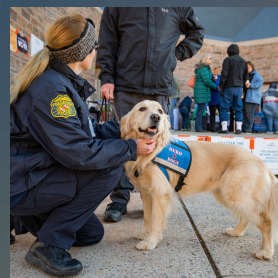


# TAKE BACK THE NIGHT THROUGH THE YEARS WITH HEARTLY HOUSE

## 2023



## 2022



# HEARTLY HOUSE SERVICES:

All of our support services are free and offered to survivors and secondary survivors within Frederick County. Learn more about these services, ask questions, or request a service by using our 24/7 hotline:

**(301)662-8800**

[heartlyhouse.org](http://heartlyhouse.org)

## CRISIS SUPPORT



a 24/7 hotline, in-person support for those receiving medical services, lethality assessments, & more

## TRAUMA-INFORMED COUNSELING



for survivors, & secondary survivors, seeking group or individual therapy

## EMERGENCY SHELTER



for survivors, & their children, urgently in need of safe refuge

## COMMUNITY-BASED SERVICES



satellite locations throughout the community that provide easy access to Heartly House resources

## COMMUNITY ENGAGEMENT & PREVENTION



abuse prevention trainings, survivor support, & awareness events empowering survivors to share their stories, & more.

## LEGAL ASSISTANCE



for survivors seeking support with protective orders & more

# SUPPORT OUR WORK



**Thanks to the generosity of community members like you, we are able to offer our services, trainings, and events FREE of charge to Frederick County residents.**

**At tonight's event, you will hear from Survivor Speakers who have been empowered by our staff, through several workshops, to share their stories and help raise awareness. Survivor Speakers who have completed the workshops have the opportunity to earn compensation for their speaking services.**

**If you would like to support current and future Survivor Speakers, or would like to be part of funding our free services to survivors, you may donate below today!**

## **DONATE TODAY**

**Scan the QR code or visit  
[heartlyhouse.charityproud.org/donate](https://heartlyhouse.charityproud.org/donate)**



# MEET THE PERFORMERS

**In recognition of the survivors performing tonight, their names or organizations will be marked with hearts to symbolize them and their colleagues. A blue heart signifies a survivor, while a yellow heart indicates a secondary survivor.**



**survivor**



**secondary survivor**

# MEET THE PERFORMERS



**GABY NOBODY** (she/her)

*Take Back the Night Host*



Intentional spaces hosted by GabyNobody for Survivors of Sexual Assault to Create, Connect, & Evolve as our success stories unfold.



@gabynobody



@beyouforyou.network



**ASHER BECKWITT** (they/them)

*Survivor Speaker*



Dr. Asher Beckwitt is the host of the Self-Healing After Trauma podcast and creator of the SELF-HEAL program and movement. Their story is unique as someone who survived personal and systemic trauma and discrimination through same-sex childhood sexual abuse. Currently, Dr. Beckwitt uses their personal experiences, extensive knowledge of trauma studies, and training as a Trauma Energetics Coach to help others heal their trauma. They are also an avid advocate and passionate public speaker who supports others in realizing they are more than their trauma and learning to embrace their essential self.



@asherbeckwitt



SELF-HEALing After Trauma



**JOE** (he/him)

*Survivor Speaker*



Joe is a survivor of childhood physical abuse. After his best friend, who was also abused as a child, took his own life in 2013 Joe has been advocating and sharing his experiences to provide encouragement and hope to other survivors. He is writing his memoir of overcoming child abuse to shine a light on the subject and provide further hope. He works in the I.T. field, is a dedicated husband and father of two adult children, and grandfather with his first grandchild born in 2023.

# MEET THE PERFORMERS



**SABRINA REMSBURG (she/her)**

*Yoga & Sound Alchemist*  

Sabrina Remsburg is a Yoga and Sound Alchemist. After years of depression and anxiety, she discovered profound healing in yoga. With this, she knew she had to share it!!! As she dove deeper into yoga, it reintroduced her to her love of music and sound. Leading her to a passion for sharing accessible, inclusive, and compassionate Yoga and Sound Healing. She is devoted to a deeper knowledge of healing through Breath, Movement, Rest, and Sounds. The practices she shares include: Gentle Yoga and Sounds, Restorative Yoga and Sound Bath, Postnatal Mom and Baby with Sounds, Drum Circle, Private or Group Yoga, Private or Group Sound Baths, Savasana and Sound Bath (with or without aerial silk). All private practices are customizable to fit healing needs. She is a mom of two and a lover of art and nature.



@sabrinaremsburg



@sabrinaremsburg



**SPARC** *Hood College Club*     

SPARC, Student-Led Peer Advocacy for Healthy Relationships and Consent, is a collective body of students that strives to develop a healthy, safe, and communicative campus environment that is inclusive for all constituents. As an organization, we work to create a broad ongoing dialogue about informed consent and positive sexual behavior through an intersectional lens; as well as challenge common misconceptions. Equally, we advocate for the principles of healthy relationships through education and the development of an open dialogue. Overall, we strive to develop a positive campus climate that values healthy relationships and consent.



@sparc\_at\_hood



[linktr.ee/SPARCatHood](https://linktr.ee/SPARCatHood)

# MEET THE PERFORMERS



## DR. ANDREA CHAPDELAINE (she/her) *Hood College President*

President Chapdelaine has guided the Hood College community through two inclusive strategic planning processes, strengthened and expanded academic programs, increased students' experiential learning opportunities, established extensive regional partnerships, improved compensation and professional support for faculty and staff, established a culture of data-driven decision making and successfully guided the College's Forging the Future campaign.



## HOOD COLLEGE DANCE ENSEMBLE *Hood College Group*

Founded in 2001 by Fran Marsili, The Hood College Dance Ensemble (HCDE) welcomes students who share a passion for dance. Now as a student-led organization, HCDE remains a place where students express themselves through creativity and movement.



@hoodcollegedance



@hc\_danceensemble



## HOOD CHOIR *Hood College Group*

The Hood Choir is made up of non-auditioned singers from all areas of academic interest. The choir, which meets twice a week, is dedicated to making music of the highest quality and serving their campus and community. Over the years the choir has performed in multiple states, as well as for the 79th D-Day Commemorations in Normandy, France.



@hoodcollegechoir



# Heartly House, Inc.

24 HR HOTLINE: 301-662-8800

**HEARTLY HOUSE** is a nonprofit organization located in Frederick, Maryland with the mission to end intimate partner violence, sexual assault, human trafficking, and child abuse, and to provide victims with safety, shelter, and supportive services. To learn about our support services head to [heartlyhouse.org](https://heartlyhouse.org) or call our 24 HR hotline at 301-662-8800.



**DR. INGA JAMES (she/her)**

*Heartly House President  
+ Executive Director*

Inga James has been President and Executive Director of Heartly House since 2014 and has more than forty years of working within the human services and nonprofit sectors. Dr. James sits on several boards dedicated to family violence, including the Maryland Network Against Domestic Violence, for which she is the immediate past President. In 2019, she was appointed to the Governor's Workgroup to Study Visitation and Custody Decisions When Child Abuse or Domestic Violence are Alleged and, in 2021, she was named to Governor Hogan's Commission for Trauma Informed Care. In 2020, in response to the pandemic crisis, Dr. James founded and now chairs Trauma Responsive Frederick. Dr. James has a master's degree in social work and an MA and Ph.D. in organizational psychology.

# A SPECIAL THANK YOU

**HEARTLY HOUSE** would like to express our heartfelt thanks to the individuals, businesses, and organizations who have rallied together to make this event an outstanding success! Thank you for your support!



Heartly House Staff, Volunteers,  
& Survivor Speakers



Frederick City Media



Photography by Qionna Irby



Hood College Faculty & Staff



Hood College Dance Ensemble



Miss Frederick Scholarship Program



SPARC at Hood College



Frederick Secular Humanists (FRESH)



Hannah Katzen of Pocketwatch Photo



GabyNobody of BEYOUFORYOU.NET



Hood College Choir



**24 HR HOTLINE: 301-662-8800**

**[heartlyhouse.org](http://heartlyhouse.org)**

**Find us online**



**@heartlyhouse**