Summer Safety Tips

Summer brings outdoor adventures, trips, fun, mixed with the opportunity to make incredible memories; however this summer will be a bit different. Join the Women's Center as we present a workshop on summer safety tips. Panelists will include YWCA of South Hampton Roads, ODU Counseling, and Norfolk Karate Academy. Learn tips on perseverance, escaping a dangerous situation, fostering healthy relationships. Ask questions to counselors in a safe space environment.

12:30PM-2:30PM

Kathryn Cooke

Kathryn Cooke is the Volunteer and Outreach Coordinator for the YWCA of South Hampton Roads and has been with the YWCA-SHR since November of 2016. At the YWCA-SHR, she coordinates the volunteers and interns for the organization as well as facilitates community outreach and internal/external trainings. Kathryn facilitates trainings on various topics, including but not limited to domestic violence, sexual assault, human trafficking, stalking, trauma, trauma informed care, and cultural competency/ humility as it pertains to survivors and violence.

Dr. Amy Cavanaugh

Dr. Amy Cavanaugh is a Licensed Clinical Psychologist in the Commonwealth of Virginia and North Carolina. Amy is OCS's Group Counseling Coordinator and is excited to be able to help encourage students to experience all of the benefits of group counseling! She received her master's degree in counseling at Ball State University and her doctoral degree in counseling psychology from Western Michigan University. Her professional interests include working with the LGBTQIA+ community, couples, and survivors of trauma. Additionally, Amy has specialized experience working with disordered eating, eating disorders, and women’s issues.

Jenn Taylor

Jenn Taylor is the program manager and lead instructor for the Women Empowered course taught at Norfolk Karate Academy/Gracie Jiu-Jitsu Norfolk. She is a black belt in Korean karate, a blue belt and certified instructor in Gracie jiu-jitsu and a Damsel in Defense representative. Jenn has been teaching women’s self-defense for nearly a decade and leads monthly seminars in support of the ODU Women’s Center throughout the school year. She’s an ODU alumni, married to her Navy spouse for 27 years, mother of two young men and a speech language pathologist.

Zoom Meeting Link:
https://odu.zoom.us/j/91149116669?pwd=NXdhUTFVaeEk0SGtuR0kyMnNiRXFYQT09

Women's Center
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www.odu.edu/womenscenter

Old Dominion University
Women's Center

Eliminating racism
Empowering women
YWCA
South Hampton Roads

ODU
Counseling Center

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