



# EmBark

THE UNIVERSITY OF WISCONSIN CHAPTER



## MARCH MEETING





Don't forget to pay your semester dues of \$10 to @jamie-wage

Use our self-record point tracker on our website



## Membership requirements

- Attend all monthly meetings (in person or virtually) unless excused by the President or Vice President
- Pay semester dues of \$10
- Acquire 6 points throughout the semester

# Masks moving forward



We understand that some people may not be comfortable being in a space without a mask mandate and will continue to offer virtual alternatives to our meetings

Thank you!



**SALADS UP**



# International Women's Day

## Happy International Women's Day!

EmBark would like to take the time to acknowledge and celebrate women of all identities and backgrounds around the world.

A message from the official International Women's Day Website—  
“Imagine a gender equal world. A world free of bias, stereotypes and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated. Together we can forge women's equality. Collectively we can all #BreakTheBias”

# International Women's Day



Name 4 Women You Are Inspired By

I AM INSPIRED BY:

Participate by screenshotting our story today and reposting with 4 women that inspire you!

Member of the Month



FLORA HURLEY

Thank you for your dedication and on-going support! EmBark UW appreciates all your efforts.

 @flora.hurley

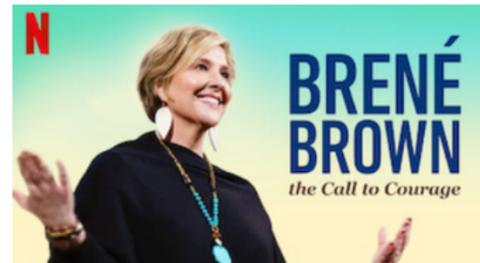




# March Opportunities



# Watch



## 1. Brené Brown– The Call to Courage

- The documentary depicts Brené Brown as she discusses what it takes to choose courage over comfort in today's culture.



## 2. Rising Phoenix

- Elite athletes and insiders reflect on the Paralympic Games and examine how they impact a global understanding of disability, diversity and excellence.



## 3. Dogs

- Each episode examines a facet of life in which dogs and humans interconnect, showcasing the relationship between dogs and humans for different countries, cultures and people.



Watch one of these selections by end of spring break and submit a brief (3–4 sentences) entry about how the movie/show relates to EmBark UW



# Suicide Prevention Training



The suicide prevention training builds capacity in UW–Madison students to intervene and offer support for their friends and peers. This multi–part program can be done at your own pace and includes modules on foundations, recognizing warning signs, responding effectively, referring to resources, and includes scenarios for practice. This training is not a form of counseling or support for students in distress.

<https://www.uhs.wisc.edu/prevention/suicide-prevention/uw-training/>

Self–Enroll in this course and complete the modules to earn a point!

# Lucky To Have You Campaign

*Lucky To Have You*



Tell someone how grateful you are for them by writing them a 'Lucky to Have You' message

(envelopes available for mailing)



# Why Is \_\_\_ Important Campaign

Why is self care important?

Why is ally-ship important?

Why is community important?

make sure you follow us on Instagram @embarkuwmadison for the templates

# Dane4Dogs x EmBark UW

Tuesday, 3/29 at 7-8pm

Dane4Dogs is a grassroots organization in Dane County, Wisconsin. Their mission is to end the breeding, sale, and use of dogs and cats for painful and distressing experimentation.

Dogs On Call  
Snacks

Information on how to help



# Please consider donating...

Self-care items (candles, face masks, body care, books, journals, games, tea, coffee, etc.)

New or gently used blankets

Pet supplies (treats, toys, collars, leashes, harnesses, blankets, beds, food, litter, etc.)



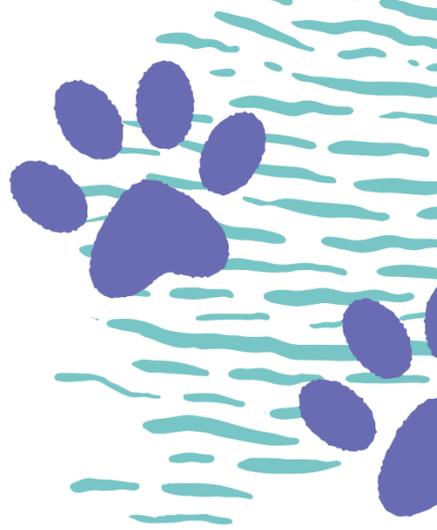
Please bring donated items to our dog toy making social or our April meeting

# Dog Toy Making Social

3/30 6–7pm

Come join us for break from school and to meet other EmBark UW members

In April, we will be hosting a dog toy fundraiser and donating dog toys made at this social to local animal shelters!



**COMING SOON**



THE UNIVERSITY OF WISCONSIN CHAPTER

**VOLUNTEERING OPPORTUNITY**

# ONGOING OPPORTUNITIES

## SPRING 2022 SEMESTER



# Badger Buddies ★



Submit a picture of you and your animal to be featured on the UW Embark Instagram page and get a point towards becoming an official member!

All we need:

- a short description of you and your animal and how they have helped you
- a picture of you and your pet
- any other details you want us to know!

send your pictures and descriptions to  
mrlarson7@wisc.edu or hallaway@wisc.edu



# UW STICKERS

\$1



\$2

**EmBark**

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See Nick to purchase a sticker after our meeting concludes  
If you would like to purchase a sticker another time, venmo @Jamie-Wage  
+ \$0.50 for shipping costs

# ★ GROUNDS & HOUNDS FUNDRAISER

Do some retail therapy while supporting EmBark and support rescue initiatives by purchasing from Grounds & Hounds



**10% of the proceeds go to EmBark**



Must use EmBark's specific link

(add proof of purchase to point tracker or have family/friend email [embarkuw@gmail.com](mailto:embarkuw@gmail.com) with proof of receipt on your behalf)



# NATIONAL EMBARK MERCH! ★



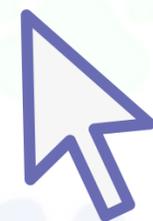


*Write a blog post!* ★

Introduce your furry friend and what they do to bring a smile to your face, write a poem, tell a story, or share why you joined EmBark

Pictures are welcomed and encouraged!

Email your blog post to [@nwlarsen@wisc.edu](mailto:@nwlarsen@wisc.edu)



# Letters to Survivors

Come and grab a sheet of paper or two!

Write a letter, draw a picture, share a quote

Bring your letter up to the front and write your name down!



You are strong and  
you aren't alone.  
You are loved and  
appreciated

An encouraging  
or inspiring note

A quote

April is...

# SAAM and Child Abuse Awareness Month

This is the busiest month for EmBark and our Mission! Stay tuned for an abundance of awareness, volunteering, and fundraising opportunities



# EMBARK'S MISSION

Our mission is to provide support and services to survivors of child abuse, sexual assault, domestic violence as well as those who struggle with PTSD and mental health issues by providing funds for the adoption of rescue animals, ESA certification, and an ongoing sense of community in the state of Wisconsin and beyond.

Our goal is to foster a safe and comfortable environment for survivors and their allies while promoting awareness for the experiences and healing process of survivors.

EmBark embodies a positive support system regardless of race, ethnicity, religion, gender identity, sexual identity/preference, age, ability, or economic status.



**SUPPORTING SURVIVORS & THEIR FURRY FRIENDS**

# Connect with us!



@embarkuwmadison



embarkuw@gmail.com



embarkfoundation.org

## BEFORE YOU LEAVE!

fill out this google form for attendance

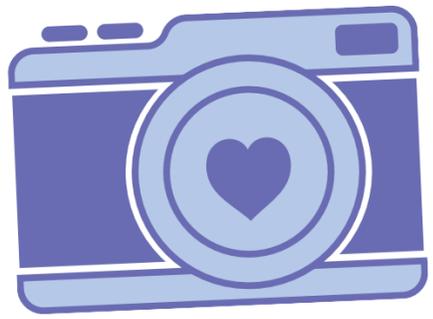
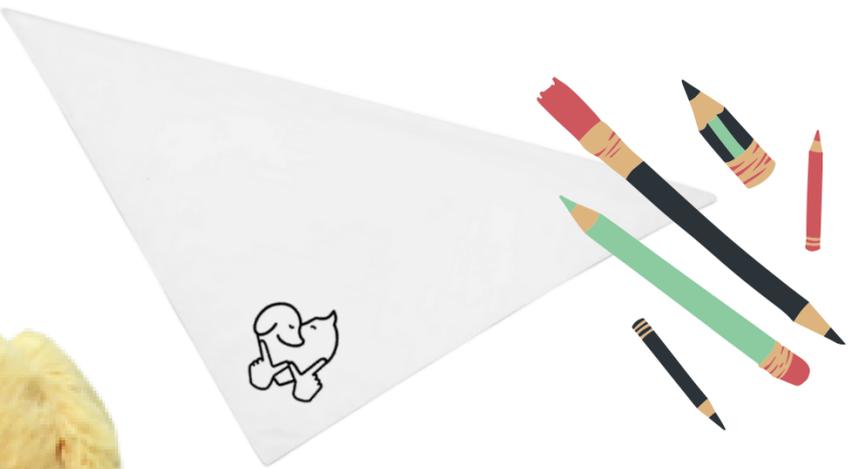




♥ Adopt-A-Pet ♥



# ADOPTION TIME!



Pet Adoption  
**Certificate**

THIS IS TO CERTIFY THAT  
**OWNER NAME**  
HAS ADOPTED  
**PET NAME**  
AND HAS WELCOMED THEM INTO THEIR FOREVER HOME!

Signature .....

Date .....