## Sister's

from page AI

open to the public, will be at the Malloy/Jordan Heritage Center Library, 1110 E. Seventh St., from 10 a.m. to 2 p.m. and will feature representatives from Family Services, the Winston-Salem Police Department's Domestic Violence Unit, the Hidden Jewel Project of N.C. and several domestic abuse sur-

"Even though it is a tough topic, we want to be able to open up a place for the dialogue to begin," Archia said. "We want to get the conversation started and let them know about the resources that are avail-

Latisha Alford worked with Bethea and participated alongside her in the exercise group Black Girls Run!

"She was a very chipper person, always smiling and was always a very positive person," Alford said. "She was always up for a challenge on the pavement.

of her favorite routes was a very hilly route, that most people don't like, but she loved that route."

Alford thinks running was a release for Bethea, who she says was empowered to help other

Latisha Alford

women see the benefits of exercise and sisterhood hallmarks of BGR!

"She saw something in Black Girls Run! that she liked. This was an outlet for Cheryl, and she came to take advantage of it."

BGR! has partnered with the Bethea family and other organizations to bring awareness to domestic violence. Alford said educating the public is essential. Archia agrees.

In talking to survivors, Archia found that many abused women don't know that there are shelters and other resources available to them.

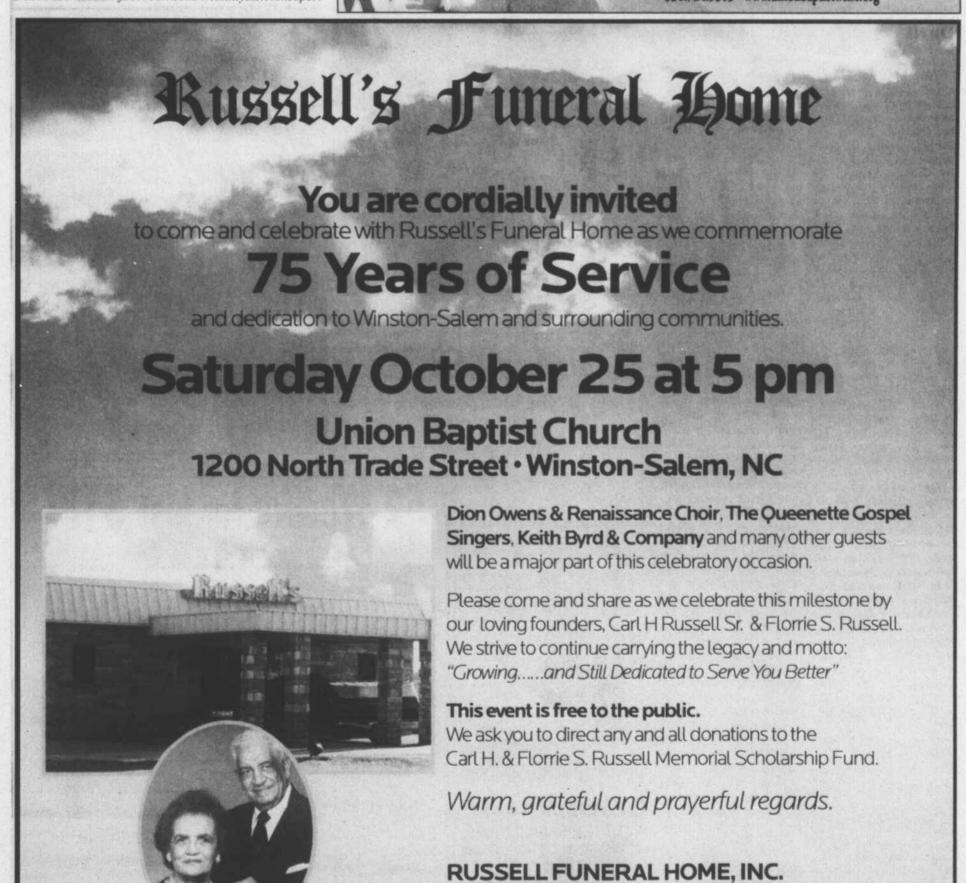
"We want to provide the resources and connections. Then we want to get them in a safe place and create the conversations that can led to their spiritual, physical and emotional healing," she said. "Some women don't know about shelters, how to get a 50-B (restraining order), and don't even know that the police department has a domestic violence unit. Part of this is just making them aware and educating them on what is available.

Archia said she also wants women to know that that there is a community that will stand with them.

"They are not alone, and they didn't do anything wrong. We are here as fellow sisters, and there are women that care about them and their safety enough to be able to be available in the event that they need assistance," she said.

For more information, email chosenvesselconsulting@gmail.com or look for the organization on Facebook at www.facebook.com/wsimmysisterskeeper.





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