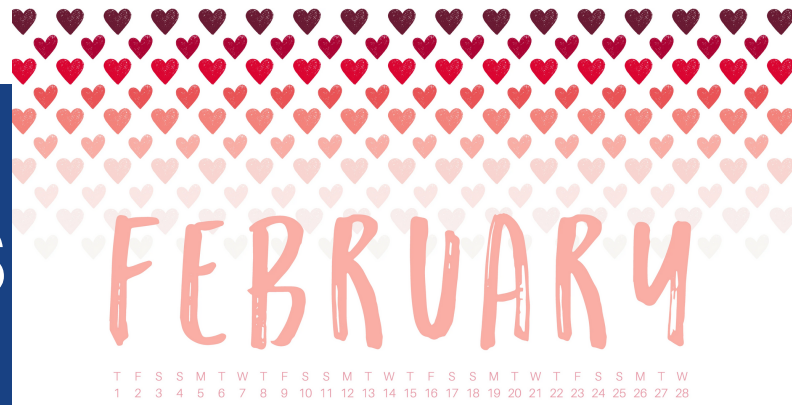


# GIVE AN HOUR ROUTE 91 HEALS HAPPENINGS



## *In this newsletter:*

Trauma Informed Peer Support training coming soon!

Page 01

Support Groups meet every week!

Page 02

Use your lunch hour for learning and growth!!

Page 03

Take a February challenge and what's coming up for the R91 community?

Page 04

If you haven't already filled out our Needs Assessment, please do so on our website! Also, check out the calendar and resource pages for more information.

## Peer Supporter Sign Ups Open!

We are so excited to introduce our newest offering! Trauma Informed Peer Support (TIPS) is a program that encourages a connection between two people who have a shared a similar experience and the power of that bond to help both people heal. We are adapting this model for our project and hope that you will be a part of it!

Peer support is the "process of giving and receiving encouragement and assistance to achieve long-term recovery." Peer supporters "offer emotional support, share knowledge, teach skills, provide practical assistance, and connect people with resources, opportunities, communities of support, and other people" (Mead, 2003; Solomon, 2004).

What do Peer Supporters do?

Peer Supporters engage in direct and in indirect work with peers including advocacy, connecting to resources, experiential sharing, building community, relationship building, group facilitation, skill building/mentoring/goal setting, and socialization/self-esteem building. The main types of indirect work are group planning and development, administration, team communication, supervision/training, receiving support, education/awareness building, and information gathering and verification.

If you are interested in supporting others through their journey, please sign up for the training program, scheduled on **Wednesdays in March (10th, 17th, 24th, 31st) from 6-8pm**, led by Cherie Castellano, an expert facilitator and Peer Supporter herself.

**Sign up for training here:** <https://www.surveymonkey.com/r/TIPSPEER>

*If you have further questions or would like to talk to someone personally about the program, join us on Thursday, February 11th or Tuesday, February 23rd from noon - 1pm for drop in office hours. Link available on our website.*



## Peer support changes lives.



GIVE AN HOUR, ROUTE 91 HEALS PROJECT

# SURVIVOR EMPOWERMENT GROUPS

We're here, ready to help! Come join our weekly groups throughout Southern California for survivors, family members and others affected by the Las Vegas Route 91 Harvest Festival event of 1 October, 2017. Licensed clinicians attend each meeting to help the group with issues related to their experiences in and outside of their trauma related to the event. Topics include healthy emotional life skills, relationships, work, anxiety, stress, burnout and more. There is no cost to attend.

WEEKDAY EVENING MEETINGS AVAILABLE  
THREE DIFFERENT GROUPS TO CHOOSE FROM  
FIND MORE INFORMATION AND REGISTRATION LINKS AT OUR  
WEBSITE

[WWW.GIVEANHOUR.ORG/ROUTE91](http://WWW.GIVEANHOUR.ORG/ROUTE91)





# PERSONAL DEVELOPMENT OPPORTUNITIES FOR YOU!



Spend some time this month learning some new, relevant skills that are practical and relatable. Share resources, bring your life experience and collaborate with other Routers on these topics this month!

**OPEN OFFICE HOURS:**  
**PEER SUPPORT QUESTIONS AND ANSWERS**  
**THURSDAY, FEBRUARY 11TH OR TUESDAY, FEBRUARY 23RD**  
**FROM NOON-1PM**



**DROP IN ANYTIME DURING THIS HOUR TO ASK QUESTIONS OR GET MORE INFORMATION ABOUT THE UPCOMING PEER SUPPORT TRAINING PROGRAM.**



**ROUTE 91 HEALS OPEN HOUSE**

**TUESDAY, FEBRUARY 16TH FROM 6-7PM**

**STOP BY AND GET AN OVERVIEW OF THE ROUTE 91 HEALS PROJECT, MEET THE STAFF, SEE OUR NEWEST VIDEO PROJECT AND ASK QUESTIONS OR GIVE FEEDBACK ON YOUR NEEDS!**



**BROWN BAG LUNCH & LEARN:**  
**"EXPAND YOUR RESILIENCY ZONE-  
TOOLS FROM THE TRAUMA RESILIENCY MODEL"**  
**WEDNESDAY, FEBRUARY 24TH FROM NOON-1PM**

**LEARN HOW TO RESTORE BALANCE TO THE BODY AND THE MIND WITH LISA LEWIS, LMFT. GET YOUR NERVOUS SYSTEM BACK IN ALIGNMENT AND YOUR BRAIN WILL FOLLOW.**

**All links and registration info at:**  
**[www.giveanhour.org/route91](http://www.giveanhour.org/route91)**

**TRY A MONTH-LONG CHALLENGE!**

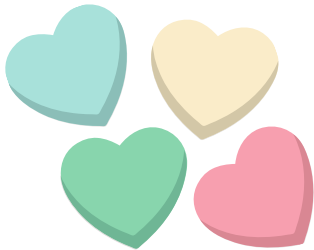
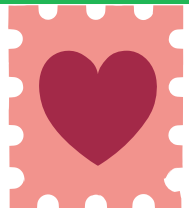
- **WRITE A JOURNAL PAGE**
- **READ FOR 30 MINUTES**
- **WALK 10,000 STEPS**
- **DRINK HALF OF YOUR BODY WEIGHT IN WATER**
- **CONTACT SOMEONE YOU HAVEN'T TALKED TO IN A WHILE**
- **DO A RANDOM ACT OF KINDNESS FOR SOMEONE**
- **CLEAN A DRAWER OR OTHER SMALL SPACE IN YOUR HOME**
- **FIND AN EMPTY BOX AND EVERY DAY, ADD AN ITEM TO DONATE**
- **WAKE UP 20 MINUTES EARLIER**
- **WRITE DOWN THREE THINGS YOU LOVE ABOUT YOUR LIFE**

# February 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

*SpoolViral.Com*

**COMING IN MARCH!! "SKILL-UP CAREER CLUB"**  
**ARE YOU LOOKING FOR WORK, THINKING OF CHANGING CAREERS OR INTERESTED IN GETTING SUPPORT ON YOUR PROFESSIONAL ENDEAVORS? GET SUPPORT AND PARTICIPATE IN FACILITATED DISCUSSIONS. MORE INFO TO COME!**



**DO YOU HAVE AN IDEA FOR A PROGRAM?  
 WANT TO VOLUNTEER TO LEAD AN ACTIVITY?  
 HAVE YOU THOUGHT...THIS GROUP SHOULD HAVE A....  
 \*BOOKCLUB\*TEEN GROUP\*VOLUNTEER PROJECT\*SOMETHING ELSE?  
 EMAIL SHANE AND LET'S CHAT!!! ALL IDEAS ARE WELCOME.  
 SMESERVE@GIVEANHOUR.ORG**

**See our website for all registration links and sign up today!**



## GIVE AN HOUR ROUTE 91 HEALS HAPPENINGS

