



GIVE AN HOUR ROUTE 91 HEALS HAPPENINGS

“THE SERENE PHILOSOPHY OF THE PINK ROSE IS STEADYING. ITS FRAGRANT, DELICATE PETALS OPEN FULLY AND ARE READY TO FALL, WITHOUT REGRET OR DISILLUSION, AFTER ONLY A DAY IN THE SUN. IT IS SO EVERY SUMMER. ONE CAN ALMOST HEAR THEIR PINK, FRAGRANT MURMUR AS THEY SETTLE DOWN UPON THE GRASS: ‘SUMMER, SUMMER, IT WILL ALWAYS BE SUMMER.’ – RACHEL PEDEN

In this newsletter:

Self Care Month! Join in and plan some self care each day this month.

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Personal Development opportunities galore!

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Ice Cream Social!

Join us in Thousand Oaks!

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Survivor Empowerment Groups- Accepting new members now!

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

THE WORLD HEALTH ORGANIZATION HAS DEEMED JULY "SELF CARE MONTH" LEADING UP TO SELF CARE DAY ON JULY 24TH. THEY DEFINE SELF CARE AS RECOGNIZING INDIVIDUALS AS ACTIVE AGENTS IN MANAGING THEIR OWN HEALTH, WHETHER FOR PREVENTING OR MANAGING DISEASES; PERFORMING HEALTH CHECKS, HEALTH EDUCATION AND PROMOTION, REHABILITATION AND RECOVERY, SEXUAL HEALTH AND MUCH MORE. SELF-CARE INTERVENTIONS ARE A NECESSARY ADDITION AND COMPONENT OF HIGH QUALITY AND HUMAN RIGHTS BASED PRIMARY HEALTH CARE, DELIVERED WITHIN THE BROADER HEALTHCARE SYSTEM."

SO, LET'S EMBRACE THIS MONTH WITH A FULL HEART! PLAN SOMETHING EACH DAY THAT FILLS YOU UP, MAKES YOU FEEL GOOD, IS HEALTHY FOR YOU OR HELPS YOU TO FOCUS ON YOURSELF, EVEN IF JUST FOR A SHORT TIME.

Summer Self-Care Challenge

Day 1 Make a list of goals for the month	Day 2 Sit outside and meditate	Day 3 Make lemonade or lemon water. Sip slowly + savor	Day 4 Go on a hike or nature walk	Day 5 Spend time in water or sprinkler!
Day 6 Water guns bubbles sidewalk chalk	Day 7 Have a picnic or take your lunch in the park	Day 8 Unplug from technology for the day	Day 9 Intentionally drink 8+ cups of water today	Day 10 Make a fruit salad
Day 11 Go out for ice cream	Day 12 Relax to the sounds of nature	Day 13 Body level Wear what makes you feel pretty	Day 14 Listen to your favorite summer songs	Day 15 Ask yourself "What do I need today?"
Day 16 Wake up early and watch the sunrise	Day 17 Make your own popsicles	Day 18 Eat watermelon or your fav summer fruit	Day 19 Take a nap in the middle of the day	Day 20 Make plans to visit a Farmer's Market
Day 21 Roast marshmallows/ make smores	Day 22 Have a BBQ	Day 23 Stay inside + read your fav book	Day 24 Try squirt gun painting Get creative!	Day 25 Take tons of pictures today
Day 26 Outside Yoga practice or simple stretches	Day 27 What do you need to walk away from?	Day 28 Do a bit of re-organizing	Day 29 Write something beautiful!	Day 30 Go stargazing (Delta Aquarid meteor shower)
Day 31 Revisit your goals from Day 1	Use the hashtag #summerselfcare			

HERE ARE SOME SIMPLE IDEAS FOR SELF CARE ACTIVITIES! WHAT'S YOUR GO-TO HEALTHY ACTIVITY TO TAKE CARE OF YOURSELF IN THE MIST OF EVERYTHING?? WE HAVE 31 OPPORTUNITIES THIS MONTH!!!

July
2021

S	M	T	W	T	F	S
				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	29	30	31



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 and their allies on these important topics!

**GIVE AN HOUR
ROUTE 91 HEALS PROJECT
JULY, 2021**

JULY MEANS COLD WATERMELON, POPSICLES, VACATIONS, LAZY AFTERNOONS IN THE HAMMOCK AND HOPEFULLY LOTS OF TIME FOR FRIENDS, FAMILY AND SELF. TAKE A BREAK FROM THE SUN AND JOIN US FOR THESE PROGRAMS MEANT TO HELP YOU FEEL STRONGER AND MORE EMPOWERED.

WEEKLY IN JULY, W/TH NIGHTS

ROUTE 91 HEALS SURVIVOR AND FAMILY EMPOWERMENT GROUPS
ACCEPTING NEW MEMBERS ON AN ONGOING BASIS. SEE THE WEBSITE FOR LINKS.

2 PART SERIES- TUESDAY, JULY 13TH AND JULY 20TH FROM 6:00-7:30PM
THE POWER OF IMAGERY: STRESS MANAGEMENT & STORYTELLING
JOIN IN ON THIS TWO-PART SERIES ON STRESS MITIGATION USING VISUALIZATION, GUIDED IMAGERY AND STORYTELLING. JEREMIAH PEARCEY FROM SAYBROOK UNIVERSITY WILL TEACH US ABOUT THE POWERFUL TOOLS WE HAVE JUST AT OUR FINGERTIPS TO HELP US MANAGE THE HARD MOMENTS OF LIFE. SIGN UP [HERE](#).

WEDNESDAY, JULY 14TH FROM 12:00-1:00PM
BROWN BAG LUNCH & LEARN
OUR NINE BASIC EMOTIONS AND HOW THEY SERVE US
"BAD" EMOTIONS DO NOT EXIST- THEY MIGHT BE MESSY OR DIFFICULT BUT ALL EMOTIONS ARE THERE TO TEACH US HOW TO SHAPE OUR BEHAVIORS. KIRBY MAUS, LMFT WILL TEACH US ABOUT HOW SENSATIONS AND FEELINGS CAN SEEM OVERWHELMING AND GUIDE US ON HOW TO USE THEM MORE EFFECTIVELY AND USEFULLY. SIGN UP [HERE](#).

TUESDAY, JULY 27TH FROM 12:00-1:00PM
ACES AWARE PRESENTATION
THIS SESSION WILL HELP YOU TO RECOGNIZE HOW ADVERSE CHILDHOOD EXPERIENCES MAY APPEAR, THEIR EFFECTS AND WAYS TO BUILD HEALING, STRENGTH, AND RESILIENCE. WE'LL ALSO CONSIDER HOW OUR OWN TRAUMAS MAY BE EFFECTING THE CHILDREN IN OUR LIVES. SIGN UP [HERE](#).

SATURDAY, JULY 30TH FROM 2:00-5:00PM
ICE CREAM SOCIAL!
JOIN US FOR ONE OF OUR FIRST "IN PERSON" EVENTS AT CONEJO CREEK PARK NORTH IN THOUSAND OAKS. ENJOY EACH OTHER'S COMPANY AND CELEBRATE SUMMER! ROUTE 91, BORDERLINE AND OTHER COMMUNITIES ARE WELCOME AS WELL AS THEIR FAMILIES. RSVP TO SMESERVE@GIVEANHOUR.ORG.

ALL EVENTS ARE AT NO COST! PLEASE JOIN US AND SHARE WITH YOUR NETWORKS.

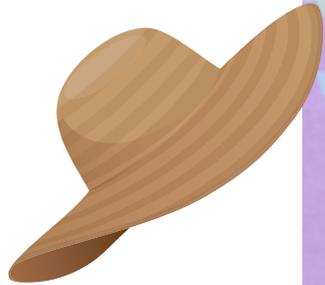
MORE INFORMATION AND ALL EVENTBRITE/REGISTRATION
LINKS AVAILABLE ON THE WEBSITE

WWW.GIVEANHOUR.ORG/ROUTE91

 **giveanhour**[®]
Giving Help and Hope

ICE CREAM SOCIAL!!!

Join us for one of our first "in person" activities this summer! Join your Route 91, Borderline and other communities for a fun, social activity. Bring your summer spirit and have an ice cream with friends. We can't wait to see you!



You're Invited!

Give An Hour, Route 91 Heals project presents:

Summer Ice Cream Social

Join the Route 91 and Borderline Communities for some fun and ice cream! Families are welcome. Bring a lawn chair and enjoy some time with this supportive community!

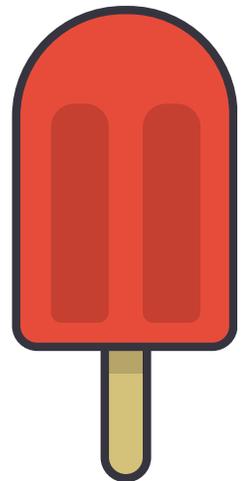
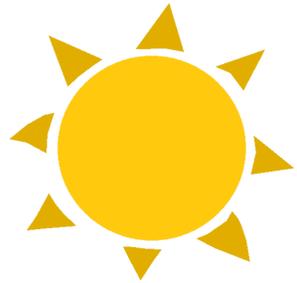
Saturday, July 31, 2021

2:00-5:00pm

**Conejo Creek Park North
1319 E. Janss Road, Thousand Oaks, CA**



PLEASE RSVP TO SMESERVE@GIVEAN HOUR.ORG
WWW.GIVEAN HOUR.ORG/ROUTE91



SURVIVOR EMPOWERMENT GROUPS

We're here, ready to help! Come join our weekly groups 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 event experiences. Topics include healthy emotional life skills, relationships, work, anxiety, stress, burnout and more. There is no cost to attend.

**WEDNESDAY AND THURSDAY EVENING MEETINGS AVAILABLE
TWO DIFFERENT GROUPS TO CHOOSE FROM
FIND MORE INFORMATION AND REGISTRATION LINKS AT OUR WEBSITE**

WWW.GIVEANHOUR.ORG/ROUTE91

**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**

