

# GIVE AN HOUR ROUTE 91 HEALS HAPPENINGS



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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.

*It was one of those March days when the sun shines hot and the wind blows cold. When it's summer in the light and winter in the shade.  
-Great Expectations*



## Peer support changes lives.

Have you ever thought about volunteering to help others through their traumatic Route 91 experiences but you weren't sure where to do that? Have you been casually mentoring others over the past three years without any training but just your instincts and listening ears? Our Peer Support training is exactly what you've been looking for! Trauma Informed Peer Support (TIPS) is a program that encourages a connection between two people who have 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!

If you are interested in supporting others through their journey or would like to gain knowledge on how to be a better mentor, 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. Cherie's Peer Support model is nationally recognized and she is a dynamic trainer and supporter of our project.

**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, March 4th from noon - 1pm for drop in office hours. Link available on our website. Please join us! It's not too late.***



# 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!

## **OPEN OFFICE HOURS: PEER SUPPORT Q&A**

**THURSDAY, MARCH 4TH FROM NOON-1PM**

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

## **PEER SUPPORT TRAINING**

**WEDNESDAYS, MARCH 10TH, 17TH, 24TH, 31ST FROM 6-8PM**

**PEER SUPPORTERS ARE READY TO HELP OTHERS WITH SIMILAR EXPERIENCES, USING EMPATHY, ACTIVE LISTENING AND PRAISE. TRAINING IS THE BEGINNING OF THE PROCESS WITH LOTS OF SUPPORT AND SKILL DEVELOPMENT ALONG THE WAY. SIGN UP TODAY - IT'S NOT TOO LATE!**



## **"JOURNALING WORKSHOP"**

**THURSDAY, MARCH 18TH, 4:30-6:00PM**

**WE'LL TALK ABOUT THE BENEFITS OF JOURNALING AS A WELLNESS PRACTICE, LISTEN TO SOME UPBEAT MUSIC AND USE WRITING PROMPTS TO EXPLORE OUR EXPERIENCES. OLDER TEENS AND ADULTS WELCOME! PLEASE BRING A JOURNAL, NOTEBOOK OR PAPER AND WRITING INSTRUMENTS OF YOUR CHOICE.**



## **BROWN BAG LUNCH & LEARN:**

### **"TRAUMATIC LOSS AND GRIEF RITUALS"**

**THURSDAY, MARCH 25TH FROM NOON-1PM**

**LEARN ABOUT LOSS AND USEFUL AND THERAPEUTIC RITUALS TO USE TO MANAGE GRIEF. PLEASE BRING A CANDLE TO THE ZOOM CALL**

***THIS SESSION IS AN INTRODUCTION TO A GRIEF SERIES WE'RE GOING TO OFFER ON THURSDAYS IN APRIL***



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

The process is underway for a permanent memorial in Las Vegas. Your input is critical to this process and you will have the opportunity to participate in an upcoming survey. The results of the survey will help inform the committee going forward. Please be sure to sign up for the email list so that you receive future updates and a link to the survey.



**1 October**  
MEMORIAL COMMITTEE

*Join Our Email Group to  
Participate in the Process*

[www.ClarkCountyNV.gov/1OctoberMemorial](http://www.ClarkCountyNV.gov/1OctoberMemorial) 

**#1OctoberMemorial**

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## 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.

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



The TRANSCEND app was developed by the National Mass Violence and Victimization Resource Center (NMVVC) for survivors, their families, and anyone who would like to support those affected by mass violence. The app allows users to learn about the impact of mass violence and practice coping strategies that are useful in managing emotional and behavioral reactions to trauma. Strategies for calming the body, managing distressing thoughts, maintaining healthy levels of activity, coping with loss, asking for help, and helping others are covered. Transcend offers survivors and those seeking to help others the option of exploring the coping resources within the app, or taking a brief assessment to direct them to sections that might be most helpful. We hope that this app is helpful as you and your community work to move forward and rise above mass violence. Access TRANSCEND from your smart devices at these links (or search for "TRANSCEND NMVC" in the App or Play Stores):

iOS: <https://apps.apple.com/us/app/transcend-nmvc/id1504741131>

Android: <https://play.google.com/store/apps/details?id=edu.musc.dhs.transcend>



**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**



**MARCH**