

## **ROUTE 91 HEALS HAPPENINGS**



### **BESIDES VALENTINE'S DAY ON FEB 14TH, DID YOU KNOW FEBRUARY IS INTERNATIONAL FRIENDSHIP MONTH?**

We celebrate the spirit of friendship and companionship during International Friendship Month, which takes place in February. What would we be without our friends? Can you imagine life without a shoulder to cry on? Or no companion to gorge on junk food with as you watch the games, or your favorite scary movies? Friends are the family we choose, and it's time we pay this underrated relationship admiration and honor, after-all, friends are valued and precious companions!

<https://nationaltoday.com/international-friendship-month/>

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If you haven't already filled out our  
[UPDATED Needs Assessment](#),  
please do so on our website!

# TIPS PEER SUPPORT

Training started January 11, 2022

If you are interested in RECEIVING some 1:1 Peer Support from one of our Route 91 or Borderline community member Peers, let us know!

The Team is always here for you and taking new interested participants! Take the quick survey and we'll connect you!

More information:

<https://rnfbfv8.paperform.co/>

Thank you so much! We appreciate you!  
Give An Hour, Route 91 TIPS Team

questions? [route91heals@giveanhour.org](mailto:route91heals@giveanhour.org)



## THE MONTHLY THEME FOR FEBRUARY IS: RELATIONSHIPS

CREATING MEANINGFUL RELATIONSHIPS:

Connection and relationships have undeniable influence on our mental health. Creating healthy, positive relationships is pivotal to happiness. Watch the Social Media posts from Give an Hour to hear more!

Dates of significance: February is Black History Month, Feb 6: Pay a Compliment Day, Time to Talk Day. Feb 7: Send a Card to a Friend Day, Marriage Week. Feb 11: Make a Friend Day. Feb 15: Singles Awareness Day. Feb 17: Random Act of Kindness Day. Feb 18: Caregivers' Day. Feb 21: Family Day. Feb 26: Letter to an Elder Day.



### Route 91 Heals

Thank you to the amazing community members who attended and continue to support each other!

Follow Give an Hour on Facebook  
<https://www.facebook.com/GiveanHour>

# 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!

## SURVIVOR EMPOWERMENT CIRCLES



Come join our WEEKLY small groups for survivors, or family members of Route 91 or Borderline who are committed to change and growth. Join into this caring, committed circle of friends. Wednesday and Thursday night meetings are available.

Find more information and registration links on our website:  
<https://giveanhour.org/route91/supportgroups/>

Family Members please email: [route91heals@giveanhour.org](mailto:route91heals@giveanhour.org)

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## THINKING ABOUT THERAPY?



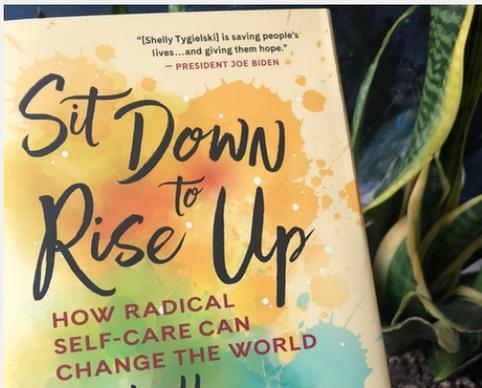
Have you thought about entering therapy but you have questions? Are you not sure what to expect if you did start counseling? Join us with Dr. Kelly Serafini and Dr. Theopia Jackson from Saybrook University for a special session on how entering a therapeutic relationship with a Clinician could change your life.

Thursday, February 24th from 4:00-5:30pm

Sign up here: <https://bit.ly/3FXluo1>

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## BOOK CLUB: ROUTE 91 HEALS READS!!



Join us for a book club meeting WITH THE AUTHOR OF THE BOOK! We are so excited to introduce you to Shelly Tygielski's book "Sit Down to Rise Up: How Radical Self Care Can Change the World"! Shelly will join our call and help us understand her important message and how our strengths can shine on us and the rest of the world.

Questions? Email us at [route91heals@giveanhour.org](mailto:route91heals@giveanhour.org)

March 8th at 1:00pm - <https://bit.ly/3H5SVHq>

CHECK THE WEBSITE FOR MORE EVENTS AND OUR FACEBOOK PAGE FOR "POP-UP" OPPORTUNITES TO CONNECT THIS MONTH.  
ALL EVENTS ARE AT NO COST! PLEASE JOIN US AND SHARE WITH YOUR NETWORKS.