

# GIVE AN HOUR ROUTE 91 HEALS HAPPENINGS

*We officially kicked off on September 2nd and we're busily planning events and ongoing experiences that we hope will support the Route 91 Harvest Festival Survivor community. We are always interested in hearing from you and offering new opportunities for healing and fellowship.*

## *In this newsletter:*

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Welcome!

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Support Groups are underway!

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Meet Melissa! Her projects benefit Route 91 survivors in Los Angeles County and inspire us all.

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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.

## **Weekly Support Groups have begun!**

Please see the following support group schedule and sign up today

### Mondays:

San Bernardino 6pm  
Riverside 6pm  
Orange County 7:30pm

### Wednesdays:

San Diego 5:30pm  
Orange County 5:30pm  
Los Angeles 6pm

### Thursdays:

Kern and Santa Barbara Counties 6pm  
Los Angeles County 7pm  
Ventura County 7:15pm

Go to our website and click on the County group you are interested in. You do not have to be a resident of that County to attend the group.

**[www.giveanhour.org/route91](http://www.giveanhour.org/route91)**

# MEET MELISSA!

Melissa is a Survivor located in Azusa, California. She has inspired us so much! Please see these photos from her beautiful tree, as an ongoing tribute to the 58 Angels of the Route 91 Festival. She's been collaborating with the local police department for the past three years as well, donating gift cards, donating teddy bears to give to children who need some comforting and participating in the Azusa's "Field of Glory" annual event. Thank you Melissa for being so inspiring and making a difference to the Route 91 community!

*"It has been so healing to give back in the honor of those taken on that horrible night."*

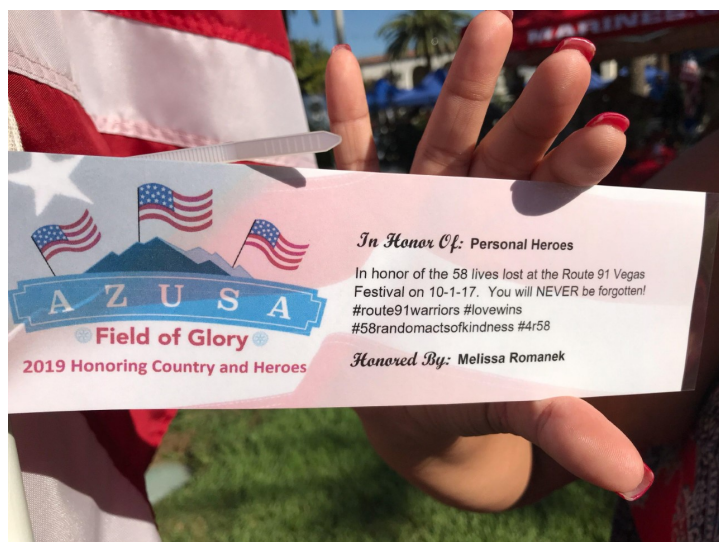


"The planting of the tree is just one of the random acts of kindness that I have done in my journey of healing. My local police department knows me and my family very well. We have donated 58 build a bear bears (twice) in the last couple of years to the police department to hand out when they come across a child or someone needing it for comfort.

My sister, brother in law, their 4 children and myself attended Route 91 all together. That's what the initials stand for: "JJFKPRML" on the plaque. Brother-in-law is Jon, sister is Jeni, nephew Forrest (was 19 when shooting occurred), niece Kaitlyn (was 17), niece Paige (was 14), niece Robyn (was 12), myself-Melissa, and Lauren (was 18 and was my nephews girlfriend at the time but they have since broke up and he has a new girlfriend)."



"One other thing I have done every year and will continue to do is Azusa hosts a Field Of Glory to honor first responders, veterans or personal heroes. Every year I dedicate a flag to the 58 and then I gift that flag to one of the 58 families. Year one I gave the flag to Debby Allen Christopher Roybal's mother, year 2 I gave the flag to Christina VanderWeide Dana Gardner's sister and this year, year 3 I gave the flag to the Rivera's-s-parents of Jordyn Rivera."





## Trauma Informed Peer Support program coming in 2021



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. The lived experience and “cultural connection” between two peer survivors is key to its success of receiving mental health supports while recovering from a traumatic event. These programs exist for law enforcement officers, veterans and others who have sustained trauma and crisis on the job, as well as mothers with children with special needs and other special populations across the country. We are adapting this model for our project and hope that you will be a part of it!

We are planning two training events to discuss the peer support model, to discuss expectations for anyone that's interested in being a peer supporter and to answer any questions you have. Please join us for one of the following sessions.

Mark your calendars for:  
Tuesday, January 12, 2021 OR  
Thursday, January 14, 2021  
from 6:30-7:30pm  
Registration link coming soon

[www.giveanhour.org/route91](http://www.giveanhour.org/route91)

Please send us your inspirational stories! We'd love to highlight all the good things this community is doing to work towards healing!

Email Shane at [smeserve@giveanhour.org](mailto:smeserve@giveanhour.org) with your stories, pictures and questions



## How to make a lovely holiday meal! A few ideas on how to celebrate safely and with style.

- Set a beautiful table- bring out your most treasured dishes and linens and enjoy the stories behind them.
- Honor the guests that are missing this year- whether your holiday meal is smaller than usual or you're reminiscing about the past, revel in the happy memories and thank them for their roles in your life.
- Think of the origins of the food on your table and give thanks- being grateful for the good things and people in our lives leads to resilience.

