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Take the Challenge!
Mental Health Awareness Month is here.
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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.

WELCOME TO A NEW MONTH WITH PROMISE AND HOPE! WE'RE EXCITED TO BE WITH YOU AND LET'S CHALLENGE OURSELVES TO HAVE THE BEST MONTH POSSIBLE! TRY SOME OF THE TIPS BELOW TO ENHANCE YOUR MENTAL HEALTH AND THAT OF YOUR FRIENDS AND FAMILY TOO. JOIN US FOR SOME OR ALL OF OUR ACTIVITIES AND LET US KNOW HOW YOU'RE DOING. CHEERS!

30-DAY mental health challenge

Day 1: Do a deep breathing exercise
Day 2: Catch up with a friend
Day 3: Dance like no one is watching
Day 4: listen to a podcast
Day 5: Do 30 minutes of yoga
Day 6: Plan a healthy meal
Day 7: Do a random act of kindness
Day 8: Listen to your favorite song
Day 9: Read a book
Day 10: Do something to pamper yourself
Day 11: Go for a walk
Day 12: Do a craft
Day 13: Watch your favorite movie
Day 14: Go to bed 30 minutes early
Day 15: Drink just water today
Day 16: Wear something that makes you feel good
Day 17: Set a mini goal
Day 18: Cross and item off your to-do list
Day 19: Compliment someone
Day 20: Write out every feeling you've been bottling up inside
Day 21: Try a 5-minute meditation
Day 22: Face time with family
Day 23: Do something outside
Day 24: Treat yourself with ice-cream or your favorite dessert
Day 25: Unfollow negative social media accounts
Day 26: Say no to something
Day 27: Unplug from social media
Day 28: Watch a silly video
Day 29: Write down something good that happened
Day 30: Adapt a new habit

Route 91 Heals Happenings E-News | page 01
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
MAY, 2021

MAY IS HERE! LET’S CELEBRATE SUMMER AND MOTHERS AND OUR OWN WONDERFUL RESILIENCE FROM ALL THE HARDSHIPS OF THE PAST YEAR. WE’RE WORTH IT!

WEEKLY IN MAY, W/ TH NIGHTS AT 6PM
ROUTE 91 HEALS SURVIVOR EMPOWERMENT GROUPS
JOIN OTHER ROUTERS AND FAMILY MEMBERS TO SUPPORT ONE ANOTHER. ACCEPTING NEW MEMBERS!

TUESDAY, MAY 4TH FROM 6:00-7:00PM
ROUTE 91 HEALS PROJECT ORIENTATION
JOIN THE STAFF OF THE ROUTE 91 HEALS PROJECT TO LEARN ABOUT OUR HISTORY, OUR GOALS AND OUR CURRENT PROGRAM OFFERINGS. BRING A ROUTE 91 FRIEND WITH YOU! LINK TO REGISTER HERE

TUESDAY, MAY 11TH FROM NOON-1PM
BROWN BAG “LUNCH & LEARN”
“EXPAND YOUR RESILIENCY ZONE: TOOLS FROM THE TRAUMA RESILIENCY MODEL” WITH LISA LEWIS, LMFT, LPCC. THE MODEL EXPLORES THE CONCEPT OF RESILIENCY AND HOW TO RESTORE BALANCE TO THE BODY AND THE MIND AFTER TRAUMATIC EXPERIENCES. REGISTER HERE

THURSDAY, MAY 20TH FROM 6:00-8:00PM
EMOTIONAL LIFE SKILLS
LEARN ABOUT CHECKING YOURSELF AND OTHERS FOR EMOTIONAL WELLNESS DURING THIS POST-COVID SEASON, DIFFERENT THAN ANY OTHER WE’VE EXPERIENCED. COME JOIN US FOR A DISCUSSION ON HOW TO SUCCESSFULLY MANAGE THIS UNIQUE TIME, TAKING GOOD CARE OF OURSELVES AND OTHERS WITH HEALTHY HABITS AND AN EMPHASIS ON STRONG MENTAL HEALTH. LINK TO REGISTER HERE

WEDNESDAY, MAY 26TH FROM NOON-1PM
REMEMBRANCE ACTIVITY PLANNING
WHEN OCTOBER 1ST ROLLS AROUND THIS YEAR, WE’D LIKE TO REMEMBER AND HONOR IT TOGETHER! ROUTE 91 HEALS WOULD LIKE TO START PLANNING SOME ACTIVITIES, EITHER VIRTUAL OR IN PERSON AND WE NEED YOUR HELP. JOIN IN AND GIVE US YOUR IDEAS AND YOUR LEADERSHIP SKILLS. REGISTER HERE

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
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](http://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](mailto:smeserve@giveanhour.org)

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