

# GIVE AN HOUR ROUTE 91 HEALS HAPPENINGS

***Happy Holidays and a Happy New Year to all! We wish you all the best and hope the coming year will include optimism, joy and health for you and your loved ones.***

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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.



## Healthy winter habits

There are some really wonderful things about winter! Special holidays, festive lights, hot apple cider or hot chocolate, scarves and boots, breaks from school or work, winter sports and snow or rain to break up the normally sunny weather. Many of us enjoy the seasonal changes, no matter how slight and look forward to these treats all year long. The winter of 2020-21 is a tricky one, with special considerations to take for our family's health and the health of our communities however and we just wanted to remind you of some (relatively) simple ways to take extra good care of ourselves. Find those **healthy pleasures** that you enjoy such as **exercising** outdoors and fun family time. When we do these healthy things, we produce more **dopamine** in our brains and lower the incidence of negative thoughts and raise our motivation levels. Exercise also **improves blood flow** and **oxygen levels** in our brains, helping with brain function and mood. Getting extra rest this time of year is important too. We've just managed a very stressful year and our bodies and brains are tired! Getting a good amount of **sleep** keeps us physically healthier, discouraging colds and flus as well as helps us to accomplish all of our goals. Another healthy habit is to **reach out for help** when you're feeling low or isolated. Closing yourself off may seem like the best thing to do, but please do connect with friends or family and let them know you need a listening ear. **We wish you the best and look forward to connecting with you more in 2021!**

# Trauma Informed Peer Support (TIPS) for the new year!



Have you been looking for a unique way to give back to the Route 91 Community? Can you be available for another survivor to talk and relate when needed? Or, would you like to create a relationship with another survivor and help each other process your experiences? If yes, this opportunity may be for you!

We are so excited to introduce our newest offering! **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 them is a powerful way to receive mental health supports while recovering from a traumatic event. These programs exist across the country 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. We are adapting this model for our project and hope that you will be a part of it!

We are planning a spring, 2021 kickoff for the project and we invite you to an informational webinar that will discuss the project timeline, outcomes, specific duties that you would be committing to as a peer supporter and answer any questions you have. **Whether you come to the webinar to learn more about being a Peer Supporter or if you want to receive support yourself, we hope you will come and learn more!**

The webinar will happen on two different occasions (you only need to attend once):

**Tuesday, January 12th OR Thursday, January 14th from 6:30-7:30pm**

You can register here:

**Tuesday- <https://www.eventbrite.com/e/129624824339>**

**OR**

**Thursday- <https://www.eventbrite.com/e/129627799237>**

If you have any questions or would like to talk about this program in more detail, please contact us. We are excited about 2021 and in supporting this Route 91 community!

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

# Prioritize your mental health in 2021!

2020 has been such a challenging year for all of us. We've managed so many feelings and have persevered through it all. As we look towards the new year, please take advantage of our groups meant to empower and support you on your journey and get 2021 off to a great start. We have engaged some phenomenal clinicians and would love for you to meet them and other participants.

## 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. There is no cost for groups.

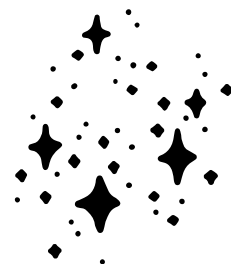
**[www.giveanhour.org/route91](http://www.giveanhour.org/route91)**



**January,  
2021**

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*You're  
Invited!*



**5th**

### **Route 91 Orientation 6-7pm**

Come meet the staff, learn about our upcoming program calendar, hear about our support groups, see a brand new video highlighting survivors and ask any questions you have.



**12th  
or  
14th**

### **Trauma Informed Peer Support training, 6:30-7:30pm**

**See page 2 for more info!**

**19th**

### **Brown Bag "Lunch & Learn" at noon!**

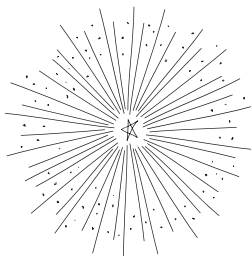
**Come, bring your lunch and learn about the Effects of Trauma and ways to heal.**

**26th**

**Join us for our first ever Twitter Chat! Time TBA. Come contribute to a conversation on resilience, hope and the Route 91 Heals project. Survivors, participants and collaborative organizations welcome!**

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

*Happy  
New  
Year*



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