



Strategies for Personal & Community Resilience



August 11-12, 2017, was a traumatic time for our community. The events of that summer are also a part of a longer history of racial oppression in Charlottesville. Anniversaries are a time to focus on healing and recovery, both at the individual and the community level.

FOSTER HOPE & WORK FOR CHANGE

- Participate in activities that promote equity and safety for all
- Do something to help others
- Lift up minority voices
- Commit to self-reflection and growth on issues of race and privilege

STAY CONNECTED

- Maintain routines with family and friends, and reach out to those in need of support
- Stay involved in activities & groups that make you feel good
- For mental health resources, call 434-227-0641 or see helphappenshere.org/Resilience

REST, RESTORE AND REFRESH

- Notice and take a break from things that cause you stress and anxiety
- Reduce media exposure
- Do things to help cope with stress, such as exercise, journaling, meditation, or prayer

For Unity Days updates, see www.charlottesville.org/unitydays

► **Community Mental Health and Wellness Coalition**



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Healing Offerings August 12th

The Women's Initiative and Common Ground invite the community to the Jefferson School City Center for FREE drop-in mind-body healing and creative activities on the anniversary of August 12, including:

- Gentle bodywork to relieve pain and stress, 2-5pm @ Common Ground
- Resilience banner art activity for relaxation, materials provided, 2-5pm @ The Women's Initiative Jefferson School Office
- Yoga for Awakening and Peace, 3:30-5pm @ Common Ground

On-Going Mental Health and Wellness Services

Central Virginia Clinicians of Color Network (CVCCN) is offering free Eye Movement Desensitization and Reprocessing (EMDR) therapy and trauma based services for people of color. Services are offered by appointment on Wednesdays from 5PM – 8PM at the Jefferson School by calling 434-218-0440.

The Women's Initiative (TWI) has free walk-in clinics multiple times each week, which provide emotional support, eligibility screening, assessment, and referral services. TWI also offers many free and drop in groups. To learn more, go to www.thewomensinitiative.org or call 434-872-0047.

Auricular Acupuncture is the insertion of 5 tiny needles in the ear to reduce stress and anxiety. This free service is available at Region Ten at 800 Preston Ave., each weekday at 1:00 PM and at the Charlottesville Health Department, 1138 Rosehill Drive—Door #3, on Tuesdays from 5:30-6:30PM.

Common Ground C-ville provides low-cost wellness and complementary health care, including yoga, meditation, acupuncture, and massage services. See www.commongroundcville.org

Help Happens Here is a referral service of the Community Mental Health and Wellness Coalition that connects residents with info about affordable mental health services. Call 434-227-0641 or see www.helphappenshere.org/resilience

Drop-In Wellness Services on August 12th

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