



UPCOMING GROUPS.

- **New groups started in October**
- **Lunch and Learn—this month on Grief during the holidays**
- **Workshops, trainings, and re-treats coming in 2019**

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MOD Pizza Fundraiser Results

Thank you to everyone who came out to MOD Pizza on December 2.

We raised \$112 from this fundraiser. This year, we will be doing restaurant fundraisers less frequently in order to provide more time to let folks know where we will be and to maximize participation.



Thanks again to all who came out! We appreciate you and your support always!

KLDiscovery on December 5th



Thank you to Aubrey Owens, Josephine Owens, and KLDiscovery for sponsoring a fundraising evening for Robin's Hope at Pints and Pies on Broad Street.

We were able to meet

many people and received a combination of monthly pledges and one time gifts that totaled \$1345.

Thank you for your support!



New Groups being
formed now

*Rise! Trauma
Support Group
continues to grow,
come check us out
and see why.*

Please con-
sider joining
with us as a
monthly
donor.



ROBIN'S HOPE

Groups & Lunch and Learns

Groups continue to run from 1-8pm Mondays, with yoga on Wednesday and alternate Thursdays. Mondays include Artistic Expression from 1-2:30pm, a Book Group on Brene Brown from 3-4pm, a brief walk from 4-4:30pm, Comfort and Compassion group from 4:30-5:30pm, and Rise! Trauma Support Group

from 6-8 pm.

We are continuing to host a Lunch and Learn program in which a topic will be addressed while we eat lunch. On January 24th we will address Trauma and its Impact.

Many thanks to our November speaker Tracy Grow of Grapple, a support resource for those

that have lost loved ones to addiction. Thank you also to Dorothy Ricketts, who generously donated lunches for the event in honor of her grandson Taylor Grow, who lost his life to addiction.

For more information see our website at www.robinshope.com.

Group Update

Rise! Support group meets on Monday nights from 6 to 8 pm. Members of this group are discussing resiliency skills such as boundary setting, showing empathy, and building trust to help in overcoming the impact of traumatic life experi-

ences. This group is open to new members and meets every week. Come out and join us if you are interested.

Yoga classes are meeting on Wednesday morning at 10am. This class is open to anyone 13 or older and is great for

relaxation. Please feel free to join us.

Monday afternoon also offers an art group, a book group, and a group on self compassion. The day starts at 1pm. Come out and check it out!

Donations

Robin's Hope is dependent on the support of the community to offer groups and to continue to expand our programs. Please consider becoming a monthly donor.

Donations can be made by cash, check, or charge at our office location. You can also

donate through the PayPal link at our website at robinshope.com. Donations can be mailed to Robin's Hope or The Jeremiah Foundation at PO Box 4504 Midlothian, VA 23112

The Jeremiah Foundation, Inc. is a tax-deductible public charity classified as a 501c3 organization. Robin's Hope is a program of the Jeremiah Foun-

dation offering trauma focused healing through peer led and clinician led groups.

30 monthly donors giving \$50 per month are needed just to keep our doors open. Please consider partnering with us to offer these much needed services to the community.

Robin's Hope Walks with Fit 4 Change



Robin's Hope continues to use the app Fit 4 Change to track walking, exercising, etc. This app costs you nothing to use, but your walking generates funds that are then donated to Robin's Hope by corporate sponsors.

Start the New Year off by making a point of getting more active and benefitting our local non-profit as you do!

Thank you for all of your support.

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you a hope and a future."

Jer 29:11

History

Robin's Hope is a program of the Jeremiah Foundation, Inc. Founded in 2005, the Jeremiah Foundation was established to offer services for healing from mental health issues and trauma issues for youth and adults. The Jeremiah Foundation

takes its name from Jer 29:11. Our mission is to provide services to those in need in a way that cost does not become a barrier. Currently the Jeremiah Foundation, Inc. operates two programs, Robin's Hope and Inner Touch. Inner Touch

offers outpatient counseling for a variety of mental health concerns and is operated in the same office as Robin's Hope. Robin's Hope focuses on groups and support services for those whose lives have been impacted by trauma.

Why Robin's Hope?

Robin's Hope is a culmination of the dreams of many to offer a place to heal in a safe, supportive atmosphere and honors Robin Farrar, who helped to create The Jeremiah Foundation and whose passion for helping others come out of struggle

and into vibrant life has outlived her own journey.



Robin Farrar - Founder of The Jeremiah Foundation, Inc.



Robin's Hope

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Healing Trauma through Hope and
Resilience

Robin's Hope seeks to help those impacted by traumatic events heal and build resilience. Utilizing both counselors and peer specialists, Robin's Hope offers groups, education, and one on one support in a safe and supportive environment.



Other Ways to Help

Fit 4 Change is an app that tracks your mileage as you walk, run, cycle or exercise indoors. Corporate donors give based on the amount of exercise logged. Please download this app, select Robin's Hope and get moving! This is an app out of the UK, so you will be earning pounds as you work off your pounds!

FlipGive is an app that allows you to do your online shopping as you would normally do. By joining FlipGive and going through the app be-

fore accessing merchant sites, the merchant agrees to donate to Robin's Hope a percentage of your purchase at no cost to you. Just download the app, and use the code **D4PEIF** to join the Robin's Hope Team.



Download the app and choose
Robin's Hope as your charity.

Thank you for all of your support!! Every form of help is appreciated, from apps, to cash donations, to volunteering, to participating in groups, to showing support and spreading the word. Thank you for all you do.

