



UPCOMING GROUPS.

- **New groups starting in October**
- **Lunch and Learn—this month on Suicide Awareness**
- **Workshops, trainings, and retreats coming soon!**

Pepe's Fundraiser

A huge thank you to Pepe's and to all who came out to support Robin's Hope on August 28th. We raised \$400 from the restaurant and \$83 in donations at the door to support Robin's Hope!!

This support is needed to allow us to continue to offer groups and build more services. Currently, funds raised are used to

pay office rent and insur-



ance costs. All staff are working on a volunteer basis. We ask for your ongoing support as we continue to grow our services and work to become

financially able to pay to have staff dedicated to trauma recovery services.

We also ask you to continue to support Pepe's, both in apprecia-

tion of their generosity and because they serve outstanding food.

Chipotle on October 9th

Our next fundraising event is scheduled for Tuesday, October 9th at Chipotle on Hull Street

For this fundraiser, we make a percentage based on how many people mention us when they place their order. Please use the attached flyer when you



go, and please tell everyone you can about this

event. You can take a picture of the flyer or just mention Robin's Hope on October 9th from 5pm to 9pm for our organization to get credit.

Thank you for your support!

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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

New Groups

New groups are being planned for October. Mondays will expand to offer Artistic Expression, a Book Group on Brene Brown, a brief walk, Comfort and Compassion, and Rise! Trauma Support Group.

One Wednesday a month we will host a Lunch and Learn program in which a topic

will be addressed while we eat lunch. Dates so far identified are September 26th which will focus on Suicide Awareness and October 10th, which will focus on Domestic Violence.

For more information see our website at www.robinshope.com. Artistic Expression will offer arts and crafts to

express emotion, the Book Group will focus on the work of Brene Brown, who has done a great deal of research into shame, vulnerability, and authenticity. We will then walk a bit before looking at self-compassion and resiliency. Please feel free to attend one or all of these groups.

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.

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 for Causes



Robin's Hope is joining local nonprofit organizations to raise awareness about related causes. On September 22, we will participate in the NAMI walk to raise funds for mental illness and in a rescheduled walk by Out of the Darkness, we will be walking to

raise awareness about suicide and suicide prevention. This walk was rescheduled to October due to weather.

If you would like to donate to either cause or if you would like more information about participating in these walks, please contact Heather Pate at (804) 608-9389

"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.

