



## 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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## Chipotle Fundraiser Results

We greatly appreciate all who came out to support us in our October 9th event at Chipotle.

Unfortunately, we did not have enough participation to meet the threshold for Chipotle to make a donation to our organization.

We will take this as a learning experience and



revisit Chipotle after our program has grown a bit.

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

## Blaze on November 6th



Our next fundraising event is scheduled for Tuesday, November 6th at Blaze Pizza on Midlothian. The event will be held from 5 to 8pm

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 pic-

ture of the flyer or just mention Robin's Hope on November 6th from 5pm to 8pm for our organization to get credit.

We are not allowed to have a table or hand out flyers at this event, so we will not see you there unless we happen to dine at the same time.

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

## New Groups

New groups launched in October. Mondays expanded to offer Artistic Expression, a Book Group on Brene Brown, a brief walk, Comfort and Compassion, and Rise! Trauma Support Group.

We are continuing to host a Lunch and Learn program in which a topic will be addressed while

we eat lunch. On

November 14th we will address Grief and the Holidays.

Many thanks to our September speaker Shirley Ramsey of American Foundation for Suicide Prevention and our October speaker Josephine Owens. Both presentations were outstanding and opened up great dis-

cussions.

For more information see our website at [www.robinshope.com](http://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](http://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 participated in the NAMI walk to raise funds for mental illness on October 27 we walked in Out of the Darkness, to raise awareness about

suicide and suicide prevention.

It was great to support worthy causes and to connect with other organizations in the community that are making a difference.

We had our Fit4Change app and running as well, generating a bit of support for Robin's Hope along the way!

Thank you to all who participated or sponsored walkers in these events!

*"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.

