



**Give an Hour**  
**STRONGER TOGETHER**  
**Community Recovery and Support Programs Now Available**

With support from the Ventura County Community Foundation and the California Community Foundation, Give an Hour offers the following **NO COST** services in Ventura and Los Angeles:

**Emotional Wellness Training, Peer Support:** STRONGER TOGETHER offers Emotional Life Skills<sup>sm</sup> training to build community peer support groups. This six-week Emotional Life Skills<sup>sm</sup> program delivers the skills and tools that allows community members to better care for themselves and those they love, enables all to build and access local mental health resources in their communities, and builds a community peer support network. The six-week Emotional Life Skills<sup>sm</sup> program components include:

- **Recognizing the Signs of Emotional Suffering for Ourselves and Those We Love**
- **The Healthy Habits of Emotional Wellbeing**
- **Creating Caring Communities**
- **Identifying and Accessing Resources in Your Community**
- **Wrapping Care and Support Around those Who Are Hurting**
- **Applying Emotional Life Skills: Action Planning for Your Community**

**Fire Recovery Support Groups STRONGER TOGETHER** offers fire recovery support groups facilitated by mental health professionals to those affected by fires in Ventura and Los Angeles Counties.

**Trauma 101 Training:** This training is designed for community members and groups who want to learn more about trauma, how it affects individuals, and our community in the aftermath of a traumatic event.

**Trauma Informed Care Training:** This training is designed for those serving individuals and communities in the aftermath of traumatic events. This training includes evidence informed information on how to offer a trauma informed response to those you serve.

**Vicarious Trauma Training and Support for Caregivers:** To educate and support caregivers who may be exposed to or are experiencing vicarious trauma (compassion fatigue) **VC STRONGER TOGETHER** offers evidence based Vicarious Trauma training to those in the caregiving community (training audiences include, but not limited to: hospital staff, case managers, community mental health workers, social workers, community based organization staff). Trainings will include a self-assessment, the development of a care plan, and a practical application.

**Community Outreach and Education:** To educate community members and groups, **VC STRONGER TOGETHER** offers community outreach and education sessions that focus on community recovery services available and the importance of keeping emotionally well in the aftermath of traumatic events (outreach and education audiences include, but are not limited to: Rotary Clubs, PTA's, community-based organizations and councils).

If you, your community, or organization is interested in these no cost services, please contact Kirsti Thompson, Director, (805)795-8661, [kthompson@giveanhour.org](mailto:kthompson@giveanhour.org), or Michael Morisette, Outreach Coordinator, at (805)791-4001, [mmorisette@giveanhour.org](mailto:mmorisette@giveanhour.org)