



WATAUGA COMPASSIONATE COMMUNITY INITIATIVE

july newsletter

preventing trauma.
building resiliency.



WCCI 2022-2023

Upcoming Meetings

Until August, WCCI meetings are by Zoom on the second Thursday of each month. Starting in August, 2022, WCCI meetings will be held at Deerfield Church from 8:30-10:30 am.

The Zoom link and password are as follows:

<https://zoom.us/j/92959886225pwd=TkJaUGFMTUY2aG13K2ZQMmdmNjlFUT09>

Meeting ID: 929 5988 6225

Passcode: 262131

July 14, 2022

August 11, 2022

September 8, 2022

October 13, 2022

November 10, 2022

December 8, 2022

January 12, 2023

February 9, 2023

March 9, 2023

April 20, 2023

May 11, 2023

June 8, 2023




SOCIAL MEDIA! FOLLOW US!



WCCI - Watauga
Compassionate
Community
Initiative

Watauga County
North Carolina
Paces Connection

@wcci_2020



WCCI 2022-2023

Current Community Needs

Foster Parents

Our community is always in dire need of foster care parents and mentors. To be a foster parent or to learn more, contact Jessica Winebarger at the Department of Social Services (265-8100).

WYN Mentors

To be a mentor in Watauga or to learn more, contact Angela McMann or Hannah Margolis at Western Youth Network (264-5174)

NAMI Community Meetings

NAMI High Country is looking for leaders of its support groups, education programs, and presentations. If you think you may be interested, contact Mike Tanner, pres@namihighcountry.org.

Public Information Meetings

- *1st Monday (most months), 6:30 PM, on Zoom:
<https://us02web.zoom.us/j/89693958646>.*

NAMI Family Support Group

- *2nd Monday, 7 PM. Contact pres@namihighcountry.org for zoom link.*

NAMI Connection Recovery Support Groups, Zoom

- *2nd & 4th Tuesdays of each month at 6 p.m. For link, contact Caleb Robleto calebrobleto@gmail.com.*



MEMBER SPOTLIGHT

Katie Warner

Katie Warner is a local business owner, mother and candidate for a Master of Social Work and a Graduate Certificate in Expressive Arts Therapy. She moved to Boone in 2009 and has owned a therapeutic hair studio since 2015.

When I look back on my journey, I realize I have done so much over the last four decades! My greatest gifts are my two children and the work I did to become the best mother I can possibly be. I have been a licensed cosmetologist since 2006, and I worked at Haircut 101 for 6yrs, before opening my own studio in 2015. In 2013 I began a slow, steady trek toward a graduate degree and work with Expressive Arts. I have overcome so many challenges in my lifetime, and I am excited to share the gifts of my journey of self-discovery and healing with others. WCCI has illuminated the roles trauma and resilience play in the human experience and as such, has shaped my career and future plans. I am excited to be finishing my degree and continuing the work I do in this and other communities.





RESILIENCE SKILL

Mindful Eating

Begin by grounding into the moment and space. Tune into the awareness or sensation that you have in your body of feeling hungry, thirsty or maybe even feeling full. If you were going to eat or drink something right now, what is your body hungry for? Just pay attention and notice with awareness the sensations.

Now, bring your attention to the item in your hand and imagine that you are seeing it for the first time. Observe with curiosity as you pay attention and notice the color, shape, texture, and size. Is there anything else that you notice, sense or feel? Imagine what it took for this item to get to your hands: sunshine, water, time, processing, and shipping. You may choose to be aware of gratitude for everyone involved in the cultivation and preparation of this item of food.

Now place the item between your fingers and feel the texture, temperature and ridges. Notice if you have any thoughts, sensations or emotions at this time. Take the piece of food and smell with your full awareness. Notice if you have any memories, sensations or reactions in your body.

With full awareness of your hand moving toward your mouth, place the object into your mouth without chewing or swallowing it. Just allow it to be in your mouth, roll it around to different parts of your mouth and tongue. Notice the flavor and texture. Take just one bite and notice the flavor, notice the change of texture. Then very slowly begin to chew this piece of food, and notice the parts of your mouth that are involved in chewing. Notice the sound and movement of chewing, as you continue to notice the sensations and flavor. When you are ready, swallow this item and notice the path that it follows from your mouth and throat into your stomach.