



Watauga Compassionate
Community Initiative

SEPTEMBER NEWSLETTER

WHAT'S STRONG IN YOU?

For more information,
visit www.wataugacci.org

WCCI 2020-2021

Upcoming Meetings

Meeting Dates for 2020-2021 year:

Until further notice, WCCI meetings are by Zoom beginning at 9 am on the second Thursday of each month. Meeting dates are below. The Zoom link and password are as follows:

<https://zoom.us/j/92959886225pwd=TkJaUGFMTUY2aG13K2ZQMmdmNjlfUT09>

Meeting ID: 929 5988 6225

Passcode: 262131

WCCI meeting will be held from 9:00-11:00 am.

NO MEETINGS JUNE OR JULY

August 13

Sept 10

Oct 8

Nov 12

Dec 10

Jan 14

Feb 11

March 11

April 15 (April 8 is WCS spring break)

May 13



Social Media! FOLLOW US!

WCCI - Watauga
Compassionate
Community
Initiative

Watauga County
North Carolina
Aces Connection

@wcci_2020



[HTTPS://WWW.WATAUGACCI.ORG/FOLLOW-US.HTML](https://www.wataugaccci.org/follow-us.html)

WCCI WEDNESDAYS

Upcoming Schedule

Beginning in August 2020, WCCI will be hosting monthly conversations by Zoom about trauma and resiliency. These conversations will be with people impacted by ACEs, as well as agency staff and providers. They will be held every third Wednesday on Zoom until further notice. They will begin at 12:00 noon.

Zoom Link: <https://zoom.us/j/93894662207?pwd=Wjc3eU9SL3JMOXJpQSs5UkxYaUd3UT09>
Meeting ID: 938 9466 2207
Passcode: 440689

Date	Who is Joining	Topic
Sept 2.	Laura and JB Byrch	Trauma Support Outside the Professional Setting
Sept. 9.	Suzi Woodard	Trauma Therapies, ACES and Resiliency: My Personal and Professional Journey
Sept. 16.	Beckie Ballard	Whole Brain Learning and Brain Gym
Sept. 23	Ashley McKinney	A Therapist's Perspective on Trauma and Trauma Treatment
Sept. 30.	Tina Krause, Sonya Hamby, and/or Todd Carter	Hospitality House: Trauma Impacts
Oct. 7.	Caitlin Massey	Community Care Clinic - Identifying and Supporting People from Trauma
Oct. 14.	Donna Hill, Elizabeth Kerley	App Health Care - Community Trauma, Resources and Support
Oct. 21.	Kat Dolan	Understanding Mental Opportunity & Preventing Suicide in Your Community
Oct. 28	Heidi Campbell	Appalachian Counseling and Psychological Services

MEMBER SPOTLIGHT

Candis Walker

Candis Walker is a Professional School Counselor who serves as the Prevention Counselor for Watauga County Schools. As a founding member of WCCI, she sees how understanding adversity and teaching resilience are important steps to increased success in school for all students and their families. Additionally, she



serves the youth of our community through Children's Ministry at Boone United Methodist Church and Cub Scout Pack 109. Candis is a Boone native who, with her husband and two sons, enjoys hiking, camping, and reading.



RESILENCY SKILL

Body Scan Meditation

- Get comfortable. Lying down is preferable, particularly if you're doing a body scan meditation before you fall asleep. If that's not possible or comfortable, sitting comfortably is also an option.
- Take a few deep breaths. Let your breathing slow down, and start breathing from your belly instead of from your chest, letting your abdomen expand and contract with each breath. If you find your shoulders rising and falling with each breath, focus more on breathing from your belly, as though a balloon is inflating and deflating in your abdomen with each breath. For more practice, try these breathing exercises.
- Bring awareness to your feet. Now slowly bring your attention down to your feet. Begin observing sensations in your feet. If you notice pain, acknowledge it and any thoughts or emotions that accompany it, and gently breathe through it.
- Breathe into the tension. If you notice any uncomfortable sensations, focus your attention on them. Breathe into them, and see what happens. Visualize the tension leaving your body through your breath and evaporating into the air. Move on when you feel ready.
- Scan your entire body. Continue this practice with each area of your body, gradually moving up through your feet until you reach the top of your head. Notice how you feel and where you're holding your stress. If there's any tightness, pain, or pressure, continue to breathe into any tightness, pain, or pressure you're feeling. This can help you release tension in your body now, and be more aware of it in the future so you can release it then, too.



Deborah Kolb / Getty Images

[Body Scan Meditation Link!!](#)