

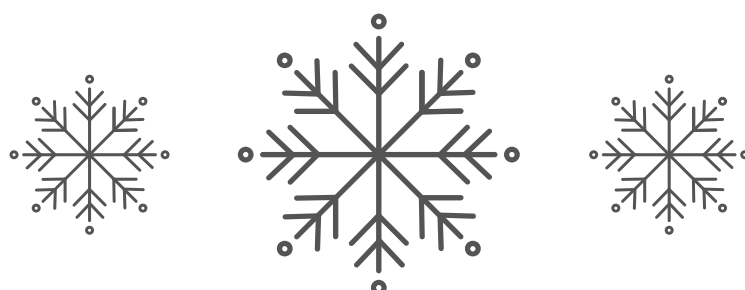
WCCI

DECEMBER

Newsletter

PREVENTING TRAUMA.
BUILDING RESILIENCY.

VISIT WWW.WATAUGACCI.ORG
FOR MORE DETAILS



WCCI 2021-2022

Upcoming Meetings

Meeting Dates for 2021-2022 year:

Until further notice, WCCI meetings are by Zoom beginning at 8:30 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 meetings are from 8:30-10:30 am.

Dec. 9, 2021

Jan. 13, 2022

Feb. 10, 2022

March 10, 2022

April 14, 2022

May 12, 2022



SOCIAL MEDIA! FOLLOW US!



WCCI - Watauga
Compassionate
Community
Initiative



Watauga County
North Carolina
Paces Connection



@wcci_2020

WCCI 2021-2022

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 or to learn more, contact Angela McMann or Charlene Grasinger at Western Youth Network (264-5174)

NAMI Community Meetings

- *Public Information Meetings,*
 - *1st Monday (most months), 6:30 PM,*
<https://us02web.zoom.us/j/89693958646>.
 - *Nov. 1: ASU Mental Health Ambassadors, "Depression & Suicide"*
 - *Dec. 6, Geri Miller, "Crisis Intervention"*
 - *1st Thursday, 4 PM*
<https://us02web.zoom.us/meeting/register/tZ0kdOqrrz0tEtLSeWjOca0RJ8qaPcO5YnLn>
 - *2nd Monday, 7 PM contact pres@namihighcountry.org for zoom link*
- *NAMI Education Programs Coming Soon:*
 - *NAMI Basics for parents and caregivers of children 22 and younger with mental health concerns*
 - *NAMI Family-to-Family for parents, friends, and others with a significant person in their lives who lives with a mental illness*
- *NAMI Connection Recovery Support Groups*
 - *Zoom 1st Thursday of each month at 4 p.m. For link, contact Karen Gross karengross@skybest.com.*
 - *Zoom 2nd & 4th Tuesday of each month at 6 p.m. For link, contact Caleb Robleto calebrobleto@gmail.com.*

WCCI WEDNESDAYS

Upcoming Schedule

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 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
Dec 1	Hayley Bayne	Shifting the Definition of Personal Wellness
Dec 8	Kayt Warren	Trauma Impacts Us All: Caring for Selves as We Care For Others
Dec 15	Susan Weinberg	'The Bad': A Story of Meth in the Mountains
Dec. 22	Holiday Break	
Dec 29	Holiday Break	

MEMBER SPOTLIGHT

Amber Dixon

My name is Amber Dixon and I am the Associate Director of Community Health at Western Youth Network. I grew up in mid-upstate New York and we moved to China Grove, NC while I was in my freshman year of high school. As I was finishing high school, my family made their way to the High Country. Now, a couple of decades later, I am firmly calling Boone my home. I sit in my living room, in our little house by the Blue Ridge Parkway, that I share with my partner, two children, and our Aussie mix, Thistle.

I grew up in a home where domestic violence and religious sexism was our norm. When we moved from New York, we left the support systems and community that helped my mother. My ACE score is high. Several years later, I found myself with two very small children, desperately chasing a divorce for safety. My divorce, the fight to protect my children, and a maddeningly long-lasting court case led my journey in realizing the need for victim support in the criminal court system. My background is in real estate but my life experiences are what began my work in the anti-gender based violence work/crisis world. I navigated crisis work and victim services while building multi-agency response teams that focused on centering the needs of survivors while they navigated court, medical, and legal systems.

As I learned more about where people came from and the lives they lived, my viewpoints shifted farther and farther upstream and my outlook on prevention grew to the big picture. I was offered a position at Western Youth Network which allowed me to expand deeper into prevention work with their Community Health Team. Through WYN, and their culture and leadership, I joined WCCI. Working in this field allows me to create and foster systems that are truly for people and their whole selves.



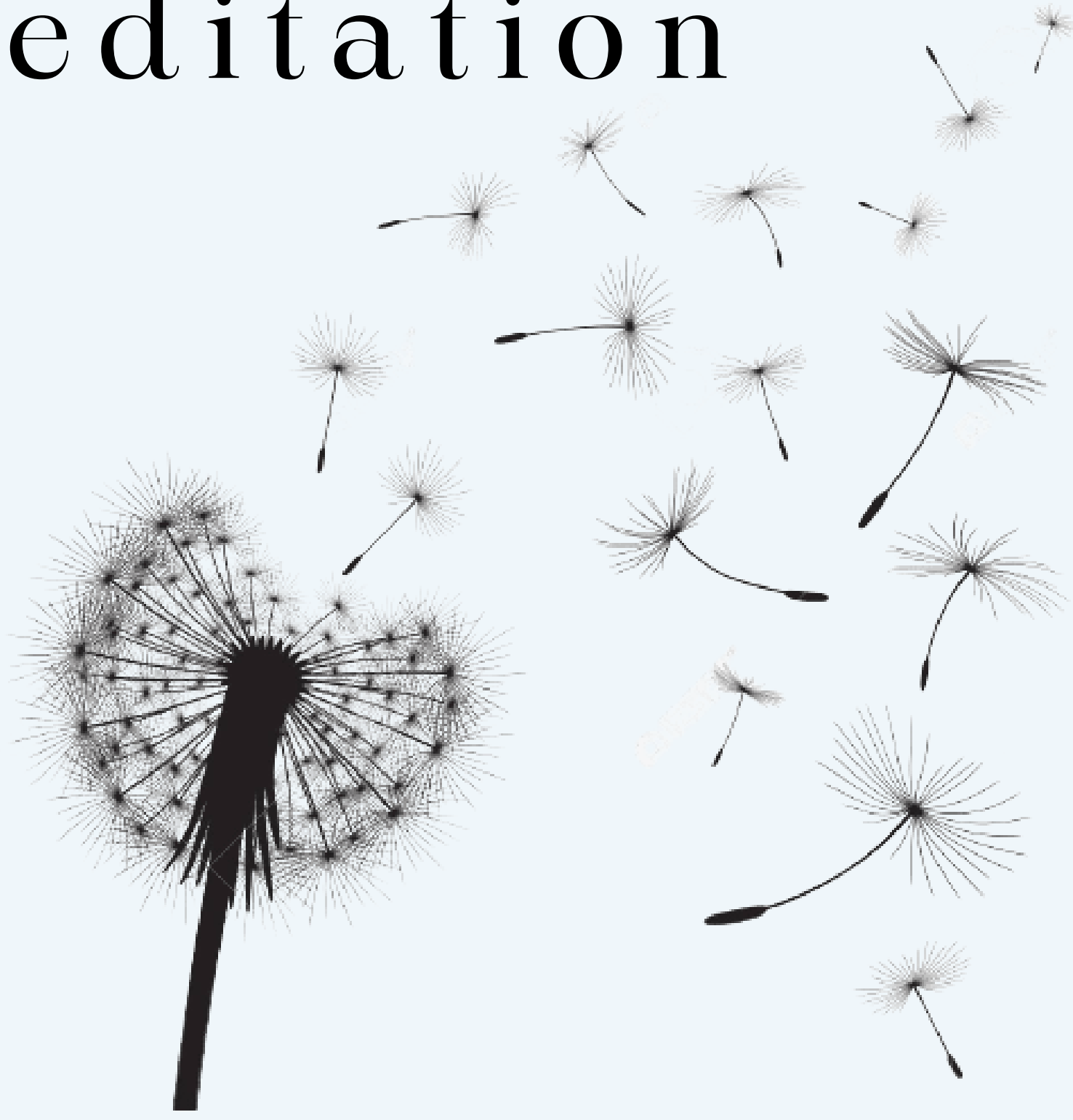
RESILIENCE SKILL

Letting Go Meditation

Letting go meditation is a proven and safe way to let go of what is not helpful.

The 4-steps to letting go:

- 1. Settling in
 - Sit comfortably and quietly
 - Bring kind attention to your body and breath.
 - Soften and let yourself be settled in the present moment.
- 2. Recognizing
 - Bring into awareness to what you want to let go of.
- 3. Accepting
 - Breathe in softly and let it be. Allow the unpleasantness to be embraced within your heart.
 - Name the feeling gently and allow them the space to be.
- 4. Understanding
 - Ask yourself if it is wise to release this past experience.
 - Feel the ease that will come from this meditation.
 - Say to yourself, "Let go", "Let go", gently over and over.
 - Soften the body and heart and let any feelings that arise.
 - Sense how the feelings can be released.
 - Feel the space that comes as you let go.
 - Direct the mind to envision the future where this situation has been released. Sense the freedom, the innocence, the ease that this letting go can bring.
 - Say to yourself, "Let go", several more times.
 - Sit quietly and notice if the feelings return.
 - Each time they return, breathe softly as if to bow to them, and say kindly, "I've let you go."



Created by: Jack Kornfield

<https://theminfulcoach.com/letting-go-meditation-by-jkornfield/>