

GIVE AN HOUR ROUTE 91 HEALS! PROJECT PRESENTS:

WELCOME TO OUR FRIENDS IN NORTHERN CALIFORNIA!

We are so excited to meet you and invite you to the following events to support your healing and resilience! Our goal is to connect with all of the Route 91 community and we hope you will join in and share your experiences and goodwill.

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TUESDAY, MAY 4TH FROM 6:00-7:00PM

ROUTE 91 HEALS PROJECT ORIENTATION

JOIN THE STAFF OF THE ROUTE 91 HEALS PROJECT TO LEARN ABOUT OUR HISTORY, OUR GOALS AND OUR CURRENT PROGRAM OFFERINGS. BRING A ROUTE 91 FRIEND WITH YOU!

LINK TO REGISTER [HERE](#)

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THURSDAY, MAY 20TH FROM 6:00-8:00PM

EMOTIONAL LIFE SKILLS

LEARN ABOUT CHECKING YOURSELF AND OTHERS FOR EMOTIONAL WELLNESS DURING THIS POST-COVID SEASON, DIFFERENT THAN ANY OTHER WE'VE EXPERIENCED. COME JOIN US FOR A DISCUSSION ON HOW TO SUCCESSFULLY MANAGE THIS UNIQUE TIME, TAKING GOOD CARE OF OURSELVES AND OTHERS WITH HEALTHY HABITS AND AN EMPHASIS ON STRONG MENTAL HEALTH.

LINK TO REGISTER [HERE](#)

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ALL EVENTS ARE AT NO COST! PLEASE JOIN US AND SHARE WITH YOUR NETWORKS.

More information and all registration links available on the website.
All are welcome!

www.giveanhour.org/route91



giveanhour[®]
Giving Help and Hope