



Monthly Wrap-up

news & updates

June 30, 2019 | Issue 2

Service Spotlight

Shout out to Nikki Rice who volunteered for Sycamore's Ladies Night Out event! She did a phenomenal job at her first table event as she greeted and informed community members about our free and confidential services. She also volunteered at our Take Back The Night event in April. She is a natural at connecting and entertaining people! We are lucky to have her on our team! Thank you Nikki for all that you do!



Opportunities in July!

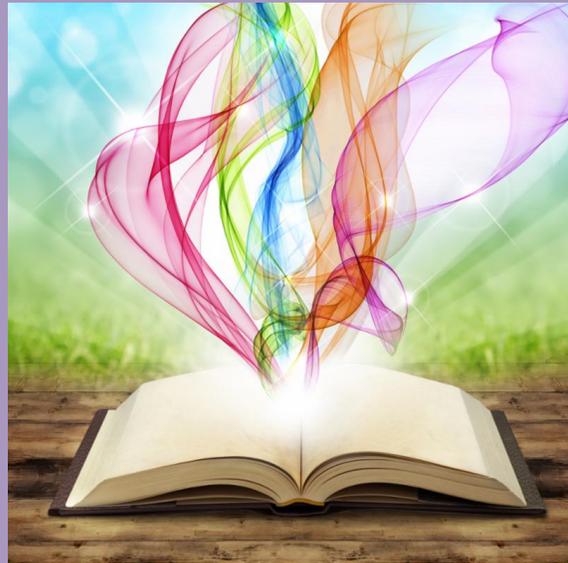
We are in need of helpers for our DKCU soccer table events:

- July 11th, Thursday: 6pm-9pm
- July 20th, Saturday: 6pm-9pm

Please let Pam know if you are able to attend as soon as possible.

Upcoming events just for you!

Our 90s Themed "Slumber Party" will be Wednesday, July 10th at 6:30pm-8:30pm! The 90s themed slumber party will include



Are You Practicing Self-Care?

If self care isn't among some of your top priorities, it should be - especially in our field!

For self-care, our Residential Case Manager, Ashley Anderson, loves to read and go on walks. Currently, she's reading The Dark Tower Series by Steven King. She reads one book a month and explains, "Reading is a way for me to direct my brain elsewhere." Reading allows her to focus on the scenes painted in the book, while walking shifts her focus on how her body moves. These self-care techniques enable Ashley to refresh herself for the next day!

[Check out these self-care books!](#)

What are your self care techniques? Do you like to exercise? Journal? Paint? Be prepared to talk with Pam during your next supervision meeting about what you're doing at home to take care of your self.

face masks, an ice-cream sundae bar, 90s trivia game and throwback music! The event will be held in SA Living Room. Please RSVP to Pam by July 3rd. I hope to see everyone there!



YOU GOTTA
NOURISH
TO FLOURISH

Pam's Podcast Recommendation



Nancy

Nancy is a critically-acclaimed podcast featuring queer stories and conversations, hosted by two best friends, neither of whom are named Nancy. They cover a vast array of topics within the LGBTQIA+ community, such as: being out in the workplace, being republican and gay, gun control as a queer issue, being Asian American and queer, drag queens and so much more. Listen to this brilliant podcast, and share your thoughts!

[LISTEN HERE](#)

Tell us how we're doing!

Is your volunteer experience meeting your expectation? Are there ways your internship can improve? Take the anonymous survey below to let us know! Your feedback is highly appreciated and will help us improve our program so you get the most out of your experience!

[TAKE SURVEY](#)

Safe Passage

