



Monthly Wrap-up

news & updates

May 31, 2019 | Issue 1

Welcome to the team!

This month we welcomed two new interns: Jessica Bott and Ericka Bergquist! Jessica is our Residential Intern, who is currently pursuing a Masters in Social Work at Aurora University. Ericka is our Counseling Intern, who is attending NIU's Marriage and Family Therapy Master's Program. Please join us in welcoming them to Safe Passage!

Service Spotlight

Shout out to Erika Hendler who came in last Thursday on a last-minute Respite Care emergency shift, then volunteered at the DeKalb United soccer table event, and then ended the night for her regular evening hotline shift! Because of her, a client was able to attend the first day of her new job! Thanks Erika!

Upcoming events just for you!

Our very first movie night will be **Wednesday, June 12th at 6:30 PM.** Popcorn will be provided with a delicious selection of toppings! The movie will be determined by YOU - the movie with the most votes will be played! So far, Bohemian Rhapsody is in the lead. The movie night will be held in the SA Living Room. **Please RSVP to Pam by June 5th.** Hope to see you there!



Are You Practicing Self-Care?

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

Our Residential Case Manager, Abby, shared some of her favorite self-care activities: Yoga and Cooking. She likes to explore new vegan and vegetarian dishes as well as meditate and do yoga.

Abby explains, "practicing self-care activities helps me restore patience and helps me get in a fresh state of mind for work."

What are your favorite self-care practices? How do you unwind and detach from trauma and anti-oppression work?

[Read more about self care here](#)

Pam's Podcast Recommendation

SOOO Many White Guys



This podcast is hosted by comedian Phoebe Robinson. She interviews musicians, actors, writers and comedians of color who are unapologetically dominating their field! At the end of each season, she will interview one token white guy. It's a fun podcast that flips the switch on tokenization and highlights issues of racism, equity, immigrant struggle and oppression through comedy! Check it out, and let me know what you think!

[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

