



## Please JOIN US at a Community Briefing on the region's preparations for the August 11-12 Anniversary

**WHAT:** An update from regional officials about the community's preparations for August 11-12 and an open forum to address community questions.

**WHEN:** Thursday, July 12, 2018, starting promptly at 6 p.m.

**WHERE:** Mt. Zion First African Baptist Church, 105 Lankford Ave., Charlottesville, VA 22903

This event will also be live-streamed on Facebook and recorded for re-broadcast on the City's Channel 10 (Comcast).

The City of Charlottesville has a website dedicated to the anniversary weekend which includes a sign-up form for email alerts and a community events calendar.

[www.charlottesville.org/resilientcville](http://www.charlottesville.org/resilientcville)

For updates and breaking news, follow us on Social Media (Twitter @CvilleCityHall & Facebook @CharlottesvilleCityHall).

## Strategies for Personal and Community Resilience

The events of summer 2017 in Charlottesville affected us all. For many, the events and the ongoing news cycle around them are part of a longer history of community trauma. As we mark the one year anniversary and beyond, let's keep these tips in mind for caring for ourselves and our community.

### SEEK EMOTIONAL SAFETY

- Notice what things cause you to feel stress and anxiety
- Reduce media exposure
- Do things to help cope with stress, such as exercise, journaling, meditation, or prayer

### STAY CONNECTED

- Keep routines with family and friends
- Stay involved in activities & groups that make you feel good
- For mental health resources, call 434-227-0641 or see [helphappenshere.org/Resilience](http://helphappenshere.org/Resilience)

### FOSTER HOPE & WORK FOR CHANGE

- Notice negative thoughts and reflect on personal and community progress
- Participate in activities that promote equity and safety for all
- Do something to help others

### SUPPORT CHILDREN

- Limit media exposure
- Support children to make a positive difference in their community
- Answer kids' questions honestly
- Discuss concerns with teachers/professionals

For summer updates see [Charlottesville.org/ResilientCville](http://Charlottesville.org/ResilientCville)