Free Virtual Programs Hosted by the HEART Peer Support Team

First Tuesdays with HEART

Join us the first Tuesday of each month at 5:30 p.m. PT/8:30 p.m. ET, via Zoom, as we chat with various experts on topics such as setting realistic goals, boundaries, motivation, sleep, and many others that we may experience on our healing journeys. ***First Tuesdays with HEART*** will focus on post-traumatic growth and strengthening our "whole selves" as we move forward, find our way, and embrace our new normal. Each month, we will have a presentation and time for open discussion on the featured topic.

Our goal is to have one hour together, but group discussion may extend our time. These meetings are free and open to anyone impacted, directly and indirectly, by any mass violence incident. We encourage you to invite your family and close friends as well.

Maybe you've figured out the road to healing is not a straight line; it's filled with ups and downs. Maybe you find you're having occasional struggles to keep yourself on the path you want to be on. ***First Tuesdays with HEART*** provides a safe place to chat as we are all at different parts of our healing.

"No matter what stage of healing you're in-you are not alone on bad days and good days. One thing I've found to be true is that we received our trauma as a group or a community and we do some of our best healing the same way-as a group/community." ~ Mary, HEART Mentor

Healing from a trauma is not just healing from the event itself--it involves how you are able to learn about yourself, grow, and handle your life going forward. While we do not necessarily need to talk about our traumatic incidents on a daily basis, we are deeply aware of their impacts on our day-to-day lives (hypervigilance, impatience, anxiety, worry, and more).

HEART (Healing, Empowering, And Rebuilding Together) Peer Support was founded in 2020 by individuals impacted by the Route 91 Harvest Festival shooting in Las Vegas and the Vegas Strong Resiliency Center (now known as the Resiliency & Justice Center). These dedicated volunteers are trained in evidence-based best practices and are guided by trauma-informed providers and clinicians to support those impacted by mass violence worldwide.

*To **sign up** for our next program, please go to https://www.eventbrite.com/e/first-tuesdays-with-heart-tickets-795553370547*

*To **learn more** about **First Tuesdays with HEART**, please join our Facebook Group ~* https://www.facebook.com/groups/firsttuesdayswithheart (recorded presentations from our prior programs can be found in the Featured Section of this page) or go to ~ https://resiliencyandjustice.org/heart/first-tuesdays-with-heart/

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Third Tuesdays with HEART

Join us the third Tuesday of each month at 4:00 p.m. PT/7:00 p.m. ET, via Zoom, for our monthly support group as we talk about things we're experiencing in our everyday life. Studies have shown that community is incredibly important in the healing journey of people impacted by a mass violence incident, so our goal is to bring community to you.

Third Tuesdays with HEART is facilitated by Jacqueline Harris, MA, LMFT and Jill Winter.
Jackie is the Behavioral Health Coordinator for the Resiliency & Justice Center, has been supporting the Route 91 family since the morning after the incident, one of the original HEART Peer Support Program Coaches and facilitates one of the two Route 91 Support Groups. She has been instrumental in opening up the programs through the Resiliency & Justice Center to anyone impacted by any mass violence incident!
Jill is a survivor of Route 91, Co-Founder and Co-Director of the HEART Peer Support Program and Co-Facilitator of the UNLV Faculty & Staff Support Group Meeting. She recently started writing a column on mental health in Life Between the Lakes magazine, a local magazine in middle Tennessee.

*To **sign up** for our next support group, please go to (https://3rdtuesday.eventbrite.com)*